



The Betty Newsletter

Palin VS. Newsweek

Issue #35



It's understandable why someone would become angry at a magazine for posting a picture on the cover that they were not fond of, however the current aggravation being caused by Sarah Palin and the media over her "sexist" cover on Newsweek is just ridiculous.

As a public figure it should be common knowledge that you are always going to be in the public eye, especially if you are Sarah Palin due to her exceptional speech making skills (yes, that was sarcasm). What must be going through this woman's head to put the blame on Newsweek. Hello lady? If you really were concerned about being portrayed as a piece of meat you would 1. Not wear half the things you do and 2. Not pose in the outfit you did. Personally, I see nothing sexist about her attire on the cover.

The photo, originally taken for Runner's World Magazine, shows Palin in running shorts, tennis shoes, and a runner's jacket while holding a blackberry. While I don't see the relevance of the picture to the Newsweek article it is amazing to me the



reaction it is getting.

If you don't want to be portrayed as a sex object or even as unprofessional, why are you going to put yourself in the position? Today's fashion shows us that this is an acceptable running outfit. This, above all other things, proves the impact fashion has on the media and our country. What does it matter what she is wearing?

Bottom line, if you didn't want to be judged by the way you look then why would you take the picture and wear the outfit you did? If she were wearing a bra and a thong, then I could see the issue.

~Kristen Rosen

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.





ARABIC BREAD

Arabic bread is apart of a significant staple of the Middle Eastern diet and is one of the oldest types of bread in history. Khubz Arabi or also known to the west as pita bread is the most common bread found in Saudi Arabia and the rest of the middle east. Khubz Arabi was known to be in the Middle Eastern diet as early as 900 C.E. Wheat is one of the oldest known crops. Over 6,000 years ago wheat was first cultivated in Mesopotamia or present day Iraq, which is between the Tigris and Euphrates rivers. Wheat production in Saudi Arabia has increased significantly. In 1970 the country would produce no more than 3,000 tons but in recent years Saudi Arabia is able to produce 2.8 million tons.

INGREDIENTS:

Makes 8-10 pitas depending on size of rounds.

- 2 tsp dry active yeast
- 1/2 tsp sugar or honey
- 2 ½ to 3 cups all purpose flour
- 1 tsp salt
- 1 cups lukewarm water
- 1/4 cup milk
- 1 tbsp olive oil
- Begin by placing 1/4 cup milk and 1 cups lukewarm water in a large bowl. Then dissolve the yeast, sugar, and oil into this liquid mixture. Set aside for 10 minutes.
- Now combine the 2 ½ cups flour and 1 tsp of salt. Then pour liquid into the dry flour mixture to make dough. Add the remaining 1 cup flour if dough is still too sticky.
- After the dough comes together nicely, kneed for 5-10 minutes by hand or by using a kitchen-aide stand mixer.
- After kneading the dough, place dough in an lightly oiled bowl and cover. Place dough in the warmest part of the kitchen in order for the dough to rise for 1-1 ½ hours.
- The dough is then flattened into rounds and placed either on a heated convex sheet of metal or in a stone oven. Today we could use either a cookie sheet or pizza stone.
- Traditionally in order for the Khubz Arabi to achieve its well-known pocket, the dough must be baked in an extremely hot stone oven ranging between (700°F or 370°C). However when we make at home preheat your oven to 400°F and bake the arabic bread for 2-3 minutes or until dough puffs up and is lightly golden in color.



Ways of EATING Arabic bread:

- Khubz Arabi may be served at any meal or snack in order to scoop foods such as hummus, yogurt, cheese, eggs, stews, and or made into sandwiches with grilled meats.

~Hissa Alsudairy

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GARMENT DISTRICT IN JEOPARDY

What in the world will be accomplished if the New York City garment district is to be drastically reduced in order to build housing, hotels, and other typical businesses found in big cities? As many reporters have observed, the loss of thousands of square feet in the garment district would be detrimental to the fashion industry, mainly the designers and producers. I am not an economist however, I am very intrigued by the economy since I have studied it in school and am living through this recession like the rest of America. It is amazing how the fashion industry has ultimately been affected by poor economic situation. As a part of the apparel industry, I am shocked that this is even up for debate.

When I think of New York, I think fashion. Many designers call New York home and next to Milan, it is one of the most influential cities when it comes to fashion. Mercedes-Benz Fashion Week is notoriously held in Bryant Park, but what will happen if designers have trouble getting the garments needed for their shows? The potential domino effect could be worse than Mayor Bloomberg wants to admit. If the garment district is down sized then designers will have smaller selections to choose from. Therefore, they will invest their money elsewhere in order to support their needs. If they are unsatisfied with their garment choices within a vicinity (but outside the smaller garment district), then they may purchase fabrics overseas. This in turn will not only hurt the economy in New York, but it will put yet another dent in our unemployment rates.

Many companies outsource production because it is sometimes cheaper to produce in countries outside of the United States. "Schmatta: Rags to Riches to Rags" is a documentary that premiered on HBO on Monday October 19th. The underlying theme: unemployment. The documentary stated that only 5% of garments are made in the United States. The dwindling percentage of American-made garments may have contributed to the demise of New York City's garment district.

As a part of the fashion industry I am saddened that the garment district in New York City may no longer be what it once was. I imagine Downtown Los Angeles cutting back on the stores full of yards upon yards of fabrics waiting to be picked as the inspiration of some designer, any designer (this is not what fashion is about). American-made clothing is sadly something of the past; let's hope New York's garment district will not encounter a similar situation. It is a very sobering fact that losing so much of the garment district means losing a huge part of New York's history.

.....~Stacey Gadus

PARENT'S DEVELOPMENT AT CSUN



Last week I had the opportunity to teach in a Parent Development workshop in Monterey Hall at CSUN. As a student it is a great feeling to know that a parent development class makes a difference for the children and parents. Although my part in teaching was not great I saw how children enjoyed the activities. The children not only developed their motor skills but also learned how to relate to other children and their parents.

The Family Studies Center offers a unique experience for parents and their children: toddlers and pre-schoolers. In this program adults learn how to create a safe, nurturing environment in which to maximize the enjoyment of their child's unique and developing personality.

I learned the importance of trust, independence and the value of taking chances. I think it is vital that children learn life skills, self-confidence, tenacity and responsibility. Children need attention and someone to tell them that they can and will succeed, along with someone to help them. It makes me proud to know that I am part of the development of a wonderful human being. The program focuses on active exploration of how toddlers learn and develop through play. It is an excellent program!

~Ellis Tamari



LIFE AS AN FCS MAJOR

Upon becoming a FCS student I was already a Kinesiology major with an option in physical therapy, unaware that FCS even existed. I was a little unsure if I really wanted to follow in my dad's footsteps and become a physical therapist or if I wanted to do something else.

I was a transfer student and was not sure what to expect from CSUN. I met with a counselor only to learn I had to take an FCS class, which I felt was pointless at the time. However, I immediately fell in love with my FCS teacher's style and teaching method and enjoyed learning more about what I could do. I began to think maybe I could become a FCS major because I was beginning to think physical therapy was just not for me. I talked to an FCS counselor to explore my options and began talking to many of the interior design students. I shortly thereafter decided to put in a change of major request for a Family Consumer and Science major with an option in interior design. It has been one of the most pleasurable, exciting experiences and smartest choices I believe I have made. I am now enjoying all of my classes and look forward to returning everyday to the halls of the Sequoia Hall building.

My everyday life as an FCS student consists of designing new things whether it's furniture, sketching new buildings, drawing new things, space planning or exploring my creativity—I truly enjoy each and every day. I am continuously being pushed to discover new things about myself, which I



would have never considered before. I have become close to the individuals in my courses and I enjoy the fact that we all work well together and constantly urge each other to push the boundaries of what we can discover in terms of interior design. I have also found as a FCS student there are a lot of teachers I have come across that really look out for the best interest of the students, and generally will help in anyway possible to help you to do your best and expand your creativity.

Everyday there is something new I learn about myself as a person or as an interior design student. I love being an FCS student and would not have it any other way!

-Barkley Brown

Contributors



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Erin is an FCS Professor and our SAFCS advisor, and the creator of *The Betty*.



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Ellis is a grad student new to family studies and one of our newest SAFCS members!



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Hissa is a nutrition and food science option.

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"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!*

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