

The Betty Newsletter

American Cancer Society's Relay For Life!

Issue #49



The American Cancer Society's Relay For Life is an amazing event, held all over the nation and world, and this year held right here at California State University Northridge. The Relay For Life at CSUN is going to be this upcoming Saturday, March 26th to 27th, yes you read correctly, it is a 24 hour cancer walk! The purpose for the Relay For Life is to bring the community together for an entire 24 hours in order to celebrate the lives of people who won their battle against cancer, remember our loved ones who lost their fight, and to fight back by raising awareness and donations for cancer research, so we can eventually live in a cancer free world. There will be 60 teams, mostly student group organizations from CSUN, who will be participating at the Relay For Life this year. Each team will represent a type of cancer, raise donations, and help spread awareness.



The Relay For Life begins with a survivor lap, where all the survivors who won their battle against cancer come together and walk the first lap. Later in the evening there is a luminaria, this is where small white bags are decorated by the participants with personal messages and lit up to represent the ones who survived and lost their battle to cancer. Then there is a candle light ceremony to remember the ones we've lost to cancer. On Sunday morning, they will have a fight back ceremony where they will announce the top three fundraising individuals and teams.

Personally, as a student in the field of Nutrition & Dietetics, Food Science, and on the path to becoming a Registered Dietitian, I have an infinite drive and passion to help people live a happy and healthy life. Therefore, I will walk in celebration of my loved ones who won their battle, remember the ones who were not as fortunate, and fight back so that, God willing, I will never see my dear friends, family, and future children suffer from Cancer in the days, years, and lifetimes ahead.

I hope you will all join me and my SAFCS team, at the CSUN campus this Saturday, March 26th-27th, beginning at 1 p.m.

-Hissa Alsudairy

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.



Eat Right with Colors!

We are celebrating National Nutrition month this year by EAT RIGHT WITH COLORS. Sounds exciting right? What, you don't think so? You probably think you have to make big changes to make a difference. The reality is that small changes add up quickly and they can change your relationship with food. What does it mean to "Eat Right with Colors"? Simply put choose food that has color! Keep in mind that taking the first step is the hardest, so start with tiny changes at first. How can you do this? Make these small (but nutritionally significant) changes to increase your calcium iron, magnesium, potassium, Vitamin A, B and C :

1. Change your iceberg lettuce to romaine lettuce.
2. Switch from the button crimini mushrooms to shitake mushrooms.
3. Change your white onions to scallions (green onions).
4. Instead of eating white potatoes (Russet) try sweet potatoes. Sweet potatoes contain both vitamin A and vitamin E which are missing in white potatoes.
5. Switch from green peppers to yellow peppers. Although they both contain similar nutritional values yellow peppers are more nutrient dense.

These small changes add up and they open your mind to becoming creative with your food!

Want to look more radiant? Reach for a piece of fruit:

Apricots for Vitamin A – eye health
 Avocados for Vitamin E – an antioxidant
 Papaya for Vitamin C – skin health
 Figs for Calcium – bone health
 Blackberries for Iron - to help carry oxygen in your blood



How to you start:

Each of the transitions listed will take between 1 to 2 weeks to completely incorporate (with some taking as long as 3 weeks.) Begin slowly and look for small ways to include colorful fruits and vegetables (even if you have to substitute spinach into your sandwich!) First, substitute one of the items listed above at lunch every other day for one week. Then, add one of the fruits listed above as your after dinner desert – go ahead be bold have 2 pieces of fruit. Finally, consider have your serving size resemble the healthy plate.

How does your body do it?

These minor changes can make a big difference because eating more nutritious food will result in feeling full for a longer period of time. Gastric emptying is the process in which your food goes from your stomach to your small intestine where it is ultimately absorbed into your blood stream. This process is delayed when you consume nutrient dense foods. Simply put, the healthier and more nutritious your food, the less you will eat! Simple right? Great, let's get started on our path for a healthier 2011.

Sources:

<http://www.eatright.org/nnm/>

Sizer, F., & Whitney, E. (2006). Nutrition concepts and controversies. 10th ed. Belmont, CA: Thomson-Wadsworth.

-Elizabeth Vaccaro

Got Milk?

According to an ancient legend, Cleopatra bathed in goat's milk to keep her skin silky smooth. Today, goat milk is enjoyed in many variations worldwide. One of the most highly recognized benefits of goat milk is its substitution for cow milk. Did you know up to 30 million adults may be lactose intolerant in the US? (2) Some of the most common symptoms of lactose intolerance include: diarrhea, abdominal pain, flatulence and/or bloating, and sometimes nausea and vomiting in severe cases, after ingestion of dairy products. The cause of this common disorder is the deficiency of the enzyme lactase, which restricts those affected from digesting lactose, a sugar found in milk and other dairy products (2). An individual's level of intolerance is usually dependent on nutritional and genetic factors such as the amount of lactose consumed and the individuals' degree of lactase deficiency (2).

COW vs. GOAT



So why is that humans can digest goat's milk but can be allergic to cow's milk? Turns out, goat's milk molecules are similar in size to the ones found in human milk, making it easier for our bodies to digest (1). Another significant difference between cow's milk and goat milk is found in the composition and structure of fat. Goat milk fat globules tend to be smaller than cow milk, making it easier for us to tolerate even in the presence of lactose (2). That's not the only health benefit of goat milk though. One serving of goat's milk contains 13 percent more calcium, 25 percent more vitamin B6, 47 percent more vitamin A, 134 percent more potassium, and three times more niacin than cow's milk (1).

Now, are you ready to enjoy all the products goat milk has to offer? The freshest milk is usually preferred, but freshly homogenized is still a better choice over cow milk. Goat milk yogurt makes for a great snack, packed full of probiotics – “good” bacteria. Goat's milk cheese is a great addition to any salad or pizza topping; one tip though, commercial feta cheese is no longer a product of goat or sheep. If you're looking to treat yourself, don't be shy and pick up a carton of goat milk ice cream; just as decadent and rich as regular ice cream, but with fewer calories, fat, and enjoyable for the 1 out of 10 lactose intolerant individuals (1).

Not only is it nourishing for your skin, but goat milk also happens to be gentle on the stomach. Due to its efficient absorptive characteristic, scientists refer to goat's milk as “nature's liposomes”. Manufacturers of milk-based soaps often use it as well, since it helps rejuvenate and moisturize skin.

Reach into the cookie jar, and enjoy your favorite comfort food with a frothy, cold glass of goat's milk without the unpleasant side effects of cow's milk.

References:

1. Smith, J. R. (2007). Drink up and lather on goat's milk: Learn how a product widely consume in ancient Greece and Rome is helping today's lactose intolerant and health conscious alike “get milk”. *Better Nutrition*, 69(9), 40.

2. Thorn, A. (2010). Understanding lactose intolerance. *Clinician Reviews*, 20(6), 17.

- Qundeel “Q” Khattak

The Art of Yoga

“Yoga is invigoration in relaxation. Freedom in routine. Confidence through self control. Energy within and energy without.” ~Ymber Delecto

The art of Yoga is a meditative practice that first originated in India. Its philosophy is using the mind, body and soul to achieve self-realization. Yoga is the fountain of youth; a natural state of clarity that comes with many physical, psychological and emotional benefits. It opens an individual up to transformation, allowing the body to experience the inner peace and mental clarity that tends to be a little misplaced due to the stresses of daily life. Many yogines began doing yoga to help with chronic back pains, others with cancer or other such debilitating illnesses. Through the deep conditioning of yoga, they have been able overcome their ailment and live a healthy, proactive life.

I currently work at a studio in the town of Westlake Village called YogaWorks. At our particular studio, we provide many opportunities for people of all ages and levels of all ranges! Hundreds of classes are available ranging from restorative and stress management based yoga to bar works and vinyasa flow; private pilates classes are also given. Our studio knows that family comes first so weekend specialty classes are available- - yoga for the Family! This allows the entire family to come together and find a center peace within. Additionally, we provide workshops for young children, beginners and trainees. All of the classes at YogaWorks are taught with the goal for you to get the most out of each class. Our yoga instructors are the best in their field and signify a wide range of yoga disciplines. Need some time for yourself without the kiddies? We provide child care right next door with a highly trained and qualified staff. Pregnant? Just gave birth? Come on by and check out our miraculous pre and postnatal classes. You will come out of each class refreshed and centered, with the ability to enjoy life more.



If you would like more information on the programs we provide, please feel free to contact one of our YogaWorks advisors; they are waiting to hear from you.

* (805) 371-3030 *

The studio & Kids Works is open every day from 6am-9pm.

-Rachel Simons

Casualty Planning

Uncertain Casualties always happen at any time, especially when people least expect it to happen. Fires especially are very common in the San Fernando Valley. It would be a great tragedy if a person who is not prepared because of their confidence and/or lack of procrastination. It is an issue, and a person must take cautionary action to get matters of paperwork filed for trusts, wills and certain wishes completed in case of a fatality were to occur.

Online services have been an innovative technological way of being more organized since the 20th century. You can list people who would like to be notified in case of an illness or sudden death was to occur and send out e-mails in a timely fashion. Making choices and wishes document (www.privatematters.com) also assures that privacy is the utmost importance in such a case. With this site it is imperative to have the online Plan Administrators to release information once they verify your death with a security code. Unlike a will, a trust enables you to write it in your own words and change it whenever you wish. It's more organized and it will help you relieve matters and settle issues by people in your life that you trust most. However, there are some downfalls, such as cost and privacy, even though the site is secured, with technology these days with hackers or even online Plan Administrators who aren't honest can change the will, if they are tempted to receive any inheritance. For this reasoning, this might not be a good idea for service in the future.

People can search for this service industry online by google or yahoo searching. I personally would not prefer to use this type of service and would much rather talk to a Life Insurance Agent, and would rather have a notarized document for a Will and/or Trust. I would also rather have someone I currently know to send out my E-mails in case if a tragedy were to happen rather than an online Plan Administrator I don't know even though the site states it's confidential because people these days, might not totally be honest. Overall, planning to your personal preference is the best way to go in case any incident occurs throughout your lifetime.

-Michelle Anderson Bragado



JAPAN RELIEF

The Japanese Red Cross is in dire need for international assistance due to the recent Pacific Tsunami and 9.0 earthquake that struck Japan on March 11th, 2011. Please donate to the American Red Cross by either texting "REDCROSS" to 90999 for a \$10 donation or for information on donating money, goods/supplies, and/or your services go to www.redcross.org for a location near you. Together, we can help our brothers and sisters in Japan get through this tragic event.

Myth Busters Nutrition Edition

I wanted to debunk some of the commonly myths and misconceptions about foods and nutrition that some people may think is incorrect. Here are some ways to set yourself right when it comes to knowing your foods and not the myths. Always make sure it's from a legitimate source and not someone just pushing a product.

The first up in the air question is whether cholesterol can only come from an animal product. This is a poorly phrased question since cholesterol is produced in your body and found in animal's bodies as well. Eating an animal product could increase your cholesterol but your cholesterol could also go up as a result of non-animal products. The reason why is that cholesterol is produced by the liver as well as taken in from diet and that produced as a result of non-animal product dieting is from the different types of fats we consume. Nuts, palm oil, and coconut oil are examples of foods containing saturated fat, the kind that usually comes from an animal source. Examples of good fats that lower cholesterol are monounsaturated and polyunsaturated that can be obtained from nuts, seeds, and plant oils. Therefore cholesterol we take in can be the same cholesterol animals have or the fat from non-animal products that either help raise or lower our blood cholesterol.

Are brown eggs healthier than white eggs? Brown egg's shells are brown because of the pigment they have when they are laid. This pigment makes the eggs shell color brown while white egg shells lack the pigment. The brown eggs come from a different variety of chicken than those of the white egg laying chicken. What does this all mean? It's what's on the inside that counts. The result is that they are no different nutrient wise. A noticeable difference usually lies in the price since brown chickens are usually more plump and require more care thus the eggs being at a greater cost.



A final myth about sodium, or more specifically the table salt we all keep in our kitchens. Hypertension or high blood pressure arising from large salt intake has led more people to disregard the mineral as a helpful use in their kitchen in regards to their health. Despite what some people think about salt being a large issue in their diet it is easy to avoid overdoing it if you stay away from processed foods. It's likely that if you eat a lot of processed foods you are consuming a good amount of salt in the process. In your own cooking you shouldn't be afraid to throw a dash or two around from time to time especially when it may help your cause. A fun fact about cooking with salt when adding it to water it that for vegetables it helps lock in the nutrients. Salt decreases cooking time and therefore the vegetables don't lose their nutrient content as quickly and the nutrients don't leave the food.

Some food troubles have been eliminated now so we can all go out and feast knowing more about what we put in our bodies: cholesterol can be affected by both animal products and non-animal products, eggs are great no matter brown or white, and salt can help us stay healthy. -Michelle Anderson Bragado

-Emma Goerisch

WHAT IS HOSPICE?

Assisted living facilities offer quality care for patients and in most cases, support groups for residents. Unfortunately, an assisted living facility does not always offer high quality of death to patients. Hospices are referred to families of the terminally ill in order to facilitate the dying process of a patient. In America there are over 1 million people who are now in need of assisted living and an environment where they can be at peace during the last hours of life. This number will continue grow and the demand for new hospices will increase. In addition, hospices also offer psychological services, cater to those who have particular needs, and aid patients' symptoms. During the late stages of an elderly person's life, they demand the care and an individual to be on top of their needs. It is unfortunate that given their physical restrictions, they have no financial resources to pay for a facility to care for them. These services are important to our society because people deserve to have a final place to stay during their last days of their life.

Our project

Graduate interior design students are teaming up with the theater department to create a fundraising event for the construction of a new hospice on our local community. Our Community House of Hope will be free of charge to families and will offer full services to patients and families. On Saturday, April 16th CSUN will be hosting One Day play on campus to help with building construction funding. All students, friends, and family members are encouraged to attend.



For more information about hospices, Our Community House of Hope, and the event on April 16th please visit:

[http://
ourcommunityhouseofhope.blogspot.com/](http://ourcommunityhouseofhope.blogspot.com/)

~ Elsa Guzman

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 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.