



The Betty Newsletter

Family Ties vs Tradition

Issue #36

HOLIDAY EDITION



Everyone has his or her routines and traditions around the holidays. Since I was born I have been going to my mother's side of the family for Thanksgiving. On Christmas Eve I go to my father's side of the family. On Christmas Day my mother's side of the family comes over to my house. It was not until this year when I realized that someday these traditions will change or end completely. The main question that goes through my head and my family's is, "What is more important—family or tradition?"

My family is big enough to start with. My father has three brothers and four sisters. My mom has one sister and two brothers. All the brothers on my father's side are married and two have children. All of my father's sisters are married and have children except one. There are a total of seventeen grandchildren on my father's side. There are also four great-grandchildren. On my mother's side there are between ten and fifteen grandchildren.

This last Thanksgiving, for the first time in my life we spent it on my father's side of the family. The topic came up of what we should do for Christmas Eve. We usually go to my grandma's house, which is a very small house. We always eat the same thing, in shifts, we fight over couch space, and someone always plays Santa. We then open gifts at midnight. My grandma is aging and tired and does not want to be a host to the entire family anymore, so my uncle has offered his place to do it this year. This uncle has four children, with three of them married and one with 3 children. The family is divided on what to do. If we do it at my uncle's place we will not have same tradition and fun we always had. However, at my uncle's home there is more space and everyone can be extremely comfortable in the house.

So the argument comes up regarding what is more important—family or tradition? If we keep the tradition going at my grandma's she will feel obligated to play host even though we say we will do all the work. If we were to do it at my uncle's place my grandma can come and go as she pleases and she can relax. One other con about having it at my uncle's place is that he lives in San Dimas, which is quite a drive for the family. Half of the family is torn because it is not the same environment and we fear that everyone will forget what we had at Grandma's house.

Change is inevitable, but some of my family thinks we are bringing on change when we do not have to. We do know my grandma's time will come, but they feel we are bringing on change at an unnecessary time. I believe that the ultimate decision will be in the hands of my grandma. My family will, or at least should, follow her in her decision. I do not want my grandma to do anything she doesn't want to do. It is more important to me that we are all together laughing and bringing in Christmas together. It is also important that my grandma knows we are all connected and still getting together making new traditions as well as keeping some of the old. I believe she will be at peace seeing this.

~Jimmy Galvan



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.





BAKE-OFF WITH MARIE CALLENDER



With the Holiday Season upon us, and finals fast approaching, I am sure we are all beginning to feel the stress and frayed nerves. I decided to take a much needed break from homework to spend a little time in the kitchen with my mother. Every year we invite the whole family over for Thanksgiving. Because dinner itself is such a large task, we traditionally buy dessert from my good friend Marie Calendar. This year I decided to bake, from scratch, three pies (Pumpkin, Apple and Chocolate Cream); something I have never done before. Before I inflicted my experiment on my family, I performed a trial run with my friends. I bought three pies from Marie and also made three pies myself, including the crust, the filling and the whipped cream, using a Betty Crocker recipe. I wanted to know if the end result was worth the work that goes into baking.

Here's how it went. Twenty five of my friends sampled a small piece of each pie, six pieces total. They then rated each sample on Taste and Texture, using a scale of one through five, one being poor and five being excellent. Marie's Pumpkin Pie scored 4.13, while mine scored 3.22. Marie's Apple, 3.90, Lyndsay's Apple, 3.28. Marie's Chocolate Cream, 3.95 and my Chocolate Cream scored 4.27. Both my Pumpkin and Apple Pies had several comments explaining that the filling was equal

to Marie's, but that my crust was too salty. One friend commented on my Pumpkin, "The filling was delicious, but the..." The overall taste of the pies lowered the scores. Thankfully, my Chocolate Cream Pie had the best overall score (it was not a total failure!)

I spent a total of three and a half hours baking, with three trips to the grocery store, two batches of whipped cream and one disastrous spill of Pumpkin filling. From this experiment I have concluded that if you have the extra time, it is totally worth it to bake it all yourself instead of purchasing the dessert. First you need to make sure that you are following the recipe. For example, when the recipe calls for one teaspoon, do not use a tablespoon. My grandmother suggested I half the amount of salt called for in any recipe for pastries. I have learned that you can over-whip Whipped Cream. And finally, even if the pie does not come out perfect, which most likely it will not, the time you spend with family and friends is invaluable. One of my favorite comments of the evening was, "There is so much love in this Pumpkin Pie." That alone makes me want to try again.

~Lyndsay Smith

HOLIDAY EATING

We all know the holidays are greatly anticipated and it is a time to be thankful for all the good things we have in life. We also know it is a time when we are surrounded by great food. It can be easy to over indulge and over eat. This is the time of year most people will gain a couple pounds and it is completely normal to do so. However, I think if we have control and limit ourselves we can avoid the extra pounds around the holidays. For example, we know during the holidays there are several different types of desserts and of course we want to try all of them! What I tend to do is take tiny bites of each dessert I want to taste. This way I can be content because I have tried everything and I can still breath! Another tip would be to eat slow and really enjoy what you are eating. Lots of time people tend to eat so fast and they don't notice how much they are eating.

Another option would be to make our favorite recipes in a low fat version. I know by simply replacing the type of flour or butter and oil it will knock down the calories significantly. Going online and searching for low fat recipes is very simple to do. You will be amazed at all the variety of recipes you will find. Overall spending time with you loved ones is the most important part of the holidays. Focus on all those around you and why they are special to you. It should not be a reason to stress about gaining those holiday pounds!



~Lily Del Villar



HAVE A VERY TRENDY CHRISTMAS

Who doesn't love Christmas? With all of the lights and decorations, it is hard not to get caught up in the season. It would not be Christmas without all of the decorations. You can find it all from Christmas lights, trees, ornaments to candy canes, Santa and his reindeers. Those are the basic, more traditional trends that we see every year, but there are trends that arise and give fresh ideas of how Christmas should look. A trend that has become big over the past couple of years is eco-friendly decorations. People have been switching over to artificial trees and LCD light to reduce harm to our environment. Not everyone loves the looks of artificial trees, but as the years roll



by, they have become more realistic looking. They are becoming easier to put together and have lights already installed. More artificial trees have the option of LED lights that will really brighten up your tree. LED lights help reduce the amount of energy used, up to 98% less than traditional lights, and they are a guaranteed way to add sparkle to your holiday. Tree decorating has started and new more vibrant trend that is sure to liven up your traditional holiday. Ornaments are coming in all shapes, sizes, patterns and colors, making the holiday fit your own style. Bright vibrant colors have made an impression, showing us ornaments in pinks, turquoise and lime green. Deeper tones have also made their mark with black, brown, blue and purple, which has been a very popular color this year. Your traditional holiday colors, green, red, gold and silver, are always in style, but by adding new colors and patterns can update your holiday celebration. No matter how you decide to decorate for the holiday, let it fill you with the joy of the season.

~Bobbie Bodie

STYLISHLY UNDER THE WEATHER

With the holiday season arriving quickly, we all have a long to-do list of things to accomplish like gift shopping, cooking, awkward family conversations, and finals. This is also cold and flu season, which means many of us will be coughing and sneezing when the family dinner rolls around. I know many of us ladies do not feel like going the extra mile to look nice when our heads feel like they will explode. So, I will give you a few key pieces of what on how to look your best during the holidays when you do not feel your best.

For effortless style this holiday season, you will need some simple pieces that do not take much effort, but will earn you great compliments from everyone in the family. First, you must have a great cardigan. Cardigans are perfect because they are comfortable, easy to put on, and you can dress them up or down. You can even try one in a great color such as violet or burgundy with a brooch or bold necklace to dress it up. Cardigans with print are also a great way to make your outfit pop without too much effort.

Second, you will need a basic top. When you have a temperature of 102 degrees, you probably will not feel like wearing a frilly blouse or furry sweater. Keep it basic with a knit top or silk camisole that is made of a thinner fabric and will not be too uncomfortable. A simple crew or v-neck blouse can really open up your neckline and leave room for a small necklace or pendant.

Third, you will need a nice comfortable pant. No one likes squeezing into a tight pair of jeans that take too much time and effort to just get the ankle covered. I recommend the extremely comfortable black pants that feel and stretch like leggings, but look like pants. These magical pants can be found at Charlotte Russe under the Kitson brand. They are comfortable and go with anything you will want to wear to your special holiday events.

Lastly, you will need some easy on-the-go accessories and shoes that feel great and look great. Stud and hoop earrings are always simple accessories to pair anything with. Hoop earrings would add to a bolder look, and studs would add to understated glamorous looks. Scarves are also a great way to spice up any outfit. Try a hunter green or an aqua colored scarf this holiday season to brighten up your outfit and mood. And you cannot finish a great holiday outfit without a great pair of shoes. If you do not feel up to wearing a pair of heels or boots, a nice pair of flats can be the best way to top off your outfit. If your outfit has some bold colors on the top of your body, pair it with a dark colored flat that has some texture like a grey suede or black sequins. If your cardigan and top are more on the understated side, make a statement with leopard print or patent leather flats.



With your effortless and comfortable holiday ensemble, the only thing you will have to worry about is having enough cough drops for the night.

~Jaszmin Williams



Recipes and yummy fun for your holiday season!!

CRANBERRIES

Cranberries are native to North America and were first used by Native Americans for dyeing fabrics and healing the ill. Pilgrims named the small fruit the “Craneberry,” because they believed the cranberries small pink blossoms resembled the head and bill of a Sandhill Crane. Seamen also took cranberries with them during their voyages in order to prevent scurvy since they the berries are rich in vitamin C. Mass production of cranberries in the United States began in 1871. The process of harvesting cranberries is interesting—the cranberry has air pockets, which allow the berries to float in water, so farmers would cover the cranberry bushes with water and run a tractor through the bushes to release the berries from their bush. Once the cranberries have risen to the surface they are harvested, which is also why they call it the “wet harvest.” Cranberries provide an excellent source of fiber, vitamin C, natural pectin, antioxidants, and phytochemicals. Cranberries are also known to prevent and aide in urinary tract infections, ulcers, and gum disease. Cranberries are marketed fresh, frozen, dried, and are so versatile they are used in juices, sauces, cakes, cookies, or my favorite—eaten dried as craisins! So bring a little tang to your upcoming holiday recipes with the healthy and delicious cranberry.



~Hissa Alsudary

Reference

<http://www.cranberries.org/about/overview.html>

CHOCOLATE PEANUT BUTTER BALLS

This is a good recipe that my family usually makes around Christmas time. It isn't the typical Christmas themed cookie, but everyone that tries them has loved them. So enjoy!



Chocolate Peanut Butter Balls

- 2 2/3 cup powdered sugar
- 2 cups chunky peanut butter
- 1 stick butter
- 3 cups Rice Krispies
- 1 6 oz. package of chocolate chips
- 1 6 oz. butterscotch chips
- 1/2 bar of paraffin
- 1 large 7 oz. Hershey bar

- Mix all of the powdered sugar, chunky peanut butter and stick of butter together in a bowl with a spoon.
- Mix in the Rice Krispies using your hands (add more Rice Krispies if desired).
- Form your mixture into balls (you choose the size!).
- Melt chocolate chips, butterscotch chips, paraffin and the Hershey bar together in a double boiler (click here to find out what a double boiler is: <http://www.wisegeek.com/what-is-a-double-boiler.htm>).
- Dip balls into double boiler mixture using a slotted spoon or two forks.
- Set on waxed paper. The paraffin wax gives them a glossy coat!
- LET COOL AND ENJOY!

~Jacob Cook



Recipes and yummy fun for your holiday season!!

LA GALETTE DES ROIS (THE "KING CAKE")



When I arrived in New York in January 1996, the first thing I sought out was French food. My favorite holiday is "L'Epiphany." Epiphany is a Christian feast day that celebrates the revelation of God in human form in the person of Jesus Christ. In France, the day occurs on January 19. Many people do not attach particular religious significance to the cake (my family is Muslim and we celebrated Epiphany anyway).

A highlight of the celebration is the *galette des Rois*. It is made with puff pastry with a dense center of frangipane and a little bean was traditionally hidden in it; the one who stumbles upon the bean is called "king of the feast." Today, the bean has been replaced by porcelain "la fève" (a trinket). The trinket can also be metal with a fancy "gold" painted covering or just plastic. In modern France, the cakes can be found in most bakeries during the month of January. In addition to being king for the day, the person who finds the trinket will have to offer the next cake.

A paper crown is included with the cake to crown the "king" who finds the fève in their piece of cake. To ensure a random distribution of the cake shares, it is traditional for the youngest person to place themselves under the table and name the recipient of the share—which is indicated by the person in charge of the service. That was usually me, the youngest one of nine children, going through all their names while hiding under the large round table in the dining room. Since I was a little girl, I collected the "fève" as well: I have over 100 and I collected them patiently each year. The year I turned seven, the king was my late brother Malik – and I was his queen. Since he was eight years older, he was always a king to me, but on this day it was official! So here is the recipe, enjoy it, and above all enjoy your family and friends.

Ingredients:

- ❖ 2 sheets of Puff Pastry (something like Pepperidge Farm Puff Pastry Sheets)
- ❖ 100 g of Almond powder
- ❖ 100 g of Sugar powder
- ❖ 3 eggs
- ❖ 100g of butter 1 Tbsp of rum
- ❖ 1 trinket

Preparation:

Pre-heat the oven at 440 F for 10 minutes.

Mix well 80g of melted butter, sugar, almond powder, 2 eggs and the rum to create a smooth paste.

Butter and flour the dish.

Lay the first sheet of Puff Pastry (piece it in with a fork numerous times), spread the almond paste evenly and drop the trinket in the spread and cover it with some of the paste.

Put the second rounded dough over the first layer of dough.

Soak your fingers in a little milk and pinch the tart edges to close.

With the point of a knife draw some traits on the top dough.

Beat the egg that remains, and with a small brush, apply across the top of the galette.

Cook for 35 minutes.

Do not forget to prepare two crowns: one for the queen and one for the king!

Bon appétit and Happy Epiphany!

~Louisa Bayoud



Recipes and yummy fun for your holiday season!!

HOT CHOCOLATE IN YOUR CUP



Cold, cloudy, windy... what is the best thing to drink while enjoying these kinds of days? Yep- it is hot chocolate! The sweet taste and the warm sensation it gives are wonderful to lighten up our days. However, if you've ever wondered what's inside every little cup we drink—here's the answer!

*Hot chocolate is made from bar chocolate, which already contains cocoa, sugar and cocoa butter. Some researchers have found that chocolate contains antioxidants that can help reduce the risk of heart disease. Just by smelling the chocolate, it can increase theta brain waves, which relaxes you. Some of you might know that drinking chocolate can elevate your mood... and yes, it's true! Chocolate contains phenyl ethylamine, which is a good mood elevator. The carbohydrates inside chocolate also increase serotonin in the brain, which affects your overall well-being.

While chocolate has a lot of benefits for our health, there are still some downsides to it. Since hot chocolate is made from bar chocolate, hot chocolate is high in calories, saturated fat, and high sugar. For example, a tall size serving of hot chocolate from Starbucks Coffee contains 330 calories. This number may not seem big, but for someone who only needs 1,400 calories a day, drinking a cup already takes up a quarter of the daily caloric need and might not give any satiation. Having all of the calories, fats, and sugars in a cup of hot chocolate raises the risks of obesity experiencing dental defect. Hot chocolate also contains caffeine, which may increase one's health concern. Yet, caffeine amounts in hot chocolate are minimal compared to the quantity in coffee, so this makes caffeine in hot chocolate not as big a concern.

Knowing the benefits and downsides of consuming hot chocolate might make you think twice about that cup you're going to drink, but it is still all up to you to have hot chocolate as your comforting drink! Have a good day!!

~ Neysa Budialim

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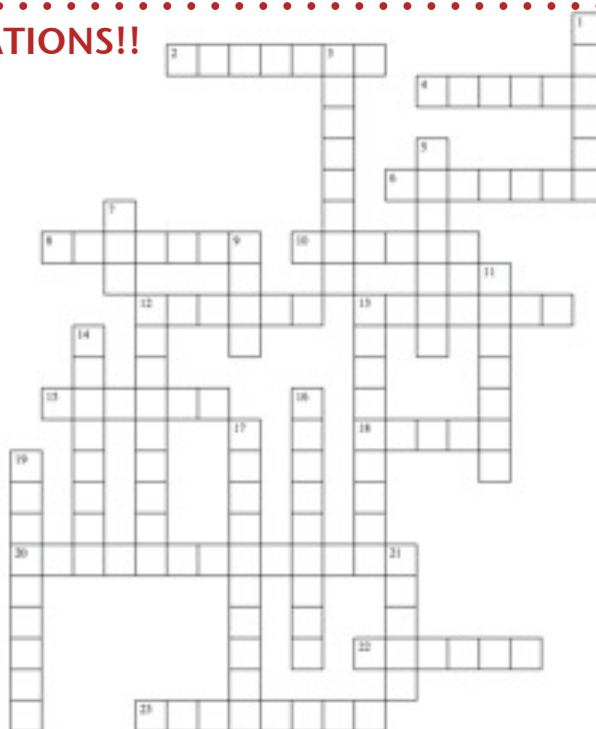
DECEMBER CELEBRATIONS!!

ACROSS

- 2 They hang on front doors, fronts of cars and light posts.
- 4 A holiday drink that can be mixed with rum or liquor.
- 6 These burn brightly.
- 8 Hot from the oven.
- 10 There is lots of this during the season.
- 12 People dressed up cute sing these outside doors.
- 13 Holds eight burning candles.
- 15 The gift of...
- 18 It's a pancake!
- 20 The place to hang our lights and ornaments.
- 22 A place for worship for the Jewish community.
- 23 They hide under the tree.

DOWN

- 1 What hangs on the outsides of houses.
- 3 Eight days of...
- 5 Pretty colors in a strand that you hang around the house.
- 7 This is spread during the holidays.
- 9 You make angels in this.
- 11 A four-sided spinning top.
- 12 Merry...
- 13 An excuse to kiss your crush.
- 14 I never see them, but they pulled Santa's sleigh.
- 16 These are upheld by families for years.
- 17 He shakes his belly like a bowl full of jelly.
- 19 Not for feet, but you put stuff in them anyway.
- 21 Green, little, and they build my presents in an assembly line.





*Happy
Hanukkah!!*

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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!*

So please, **share!!**

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