

# The Betty Newsletter

## Goji Berries, Another Fad on Your Plate?

Issue #46



Goji Berries as they are commonly called here are a type of berry that is strangely in the same family as tobacco, eggplant, tomatoes, and some chili peppers. Doesn't sound like the sweetest little berry. Does this mean they are sweet, spicy, savory, or salty and who even uses them? Getting to the bottom of this little berry began at my work where we use them in sweet tasting smoothies and shakes of all things.

The goji berry is commonly known as the Wolfberry and there are two major varieties found in Asia and Europe. Physically the plant looks a lot like a small red chili pepper with a pretty purple flower and bright red berry when ripe.

They started emerging for their nutritive value as another one of the miracle foods rich in antioxidants. Thus the allure of the goji berry to those wishing to binge on something that's a new craze and not something they've tried before. That being said the goji berry is usually dried when it is used for culinary purposes. The Chinese have been using it medicinally in tea and cooking for years but its uses have shifted as it reached the U.S. with only news of its incredible health perks but with little science to back it up. This proposed miracle antioxidant's nutrient contents are a bit skewed when it comes to the actual breakdown of nutrients. According to

The Byron Bay Wheatgrass

Company the nutrients highest vitamins and minerals in the berry are Vitamin A, Vitamin C, and Iron. All the information I looked through antioxidants were listed as being present but not in significant amounts.

This different little berry has proven to be nutrient dense despite its around inch length with promises of improved health and a interesting new way to get some of the many nutrients we crave.

\*Photo: [http://en.wikipedia.org/wiki/File:Illustration\\_Lycium\\_barbarum.jpg](http://en.wikipedia.org/wiki/File:Illustration_Lycium_barbarum.jpg)

-Emma Goerisch

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.



## Teen Pregnancy is An Issue that Affects All of Us...

Teen Pregnancy is one of the many issues Americans are either passionate about or ignore. People can ignore teen pregnancy, but it affects every American. The obvious people affected by teen pregnancy is the parent and the child, but the product stems into the rest of the family and society; usually the biggest impact are the parents of the teen. Since a teen is generally unfit to raise a child by themselves, the new grandparents find themselves being the primary caregiver to a newborn again. Even non family members and people that are not directly related to the situation are affected because their tax dollars are being spent on the issue. Some feel that the money that could go to fixing the pothole on their street is now in the bottle of a newborn baby. Numerous tax subsidized resources are available to teen parents, so it is very uncommon that they are alone financially, this is done either through welfare, WIC, Planned Parenthood, or other resources.



How can you help? As a family studies major I think of Albert Bandura and the Social Learning Theory; this is a great theory to use for the prevention and education of teen pregnancy. The use of modeling and teaching teens precautions would be a beneficial tool for their future. Being raised in a private school, I can honestly tell you that I knew more girls that were pregnant than the average teen that attended public high school. This was because families, mine included did not talk about "safe sex" they just spoke of "abstinence." That created a problem in itself when so many of my friends honestly had no idea how one could get pregnant. I believe that if we educate our children on how not to get pregnant and how to protect them this will help

the decline of teen pregnancy.

According to the Alan Guttmacher Institute, Teen Pregnancy in the United States is on the decline. Teen pregnancy primarily affects 13-19 year old teen girls. The majority of the decline in teen pregnancy rates is due to more consistent contraceptive use; the rest is due to higher proportions of teens choosing to delay sexual activity. These statistics prove that education and knowledge are viable in the prevention of teen pregnancy.

Do your part. We all know teenagers that respect and trust us. Share your knowledge with teens that you come in contact with. Educate those that are unaware of the consequences to their actions. Support those that need your help and understanding now.

References: <http://www.guttmacher.org/pubs/FB-ATSRH.html#9#9>>

-Shannan Case

## 5 Tips to Remember when Interior Designing a Residential Space:

When designing and decorating a space there are some helpful hints to make a space both aesthetically pleasing and functional. Most interior designers have different styles that they prefer and they are naturally attracted to, but a great interior designer can adapt their decorating skills to any style desired by their client. When designing a residential space talking with the client, listening to their concerns about the current space and grasping what they would enjoy seeing changed or altered is crucial. It is necessary for the interior designer to create a rough sketch, or a computer drafted layout of the changes that will be applied to the client's space. It is important to also show an elevation drawing with color rendering to give the clients a clear visual of the improvements that will be made in that space. The interior designer can pick out colors, textures, samples of flooring and upholsteries. Pictures of room layouts, home accessories, window treatments, furniture pieces are all great ideas to mount on a presentation board. This idea will help build trust with the clients and it will also give the clients a chance to voice any concerns before the construction begins. After the interior designer and the clients have an understanding on what the space will look like and what the goals are in improving the space, the interior designer can get creative.

The first tip in designing a space is to never pass up a furniture piece or home accessory that catches a client's eye, even if the interior designer and the client do not have a particular use yet. That particular piece can be used to motivate an interior designer when deciding how the room will look, that piece can be the inspiration for the rooms' style. The second tip when designing a residential space is to always make the room functional to provide the clients with a comfortable area. If the space is not comfortable for the clients, the new room and look will not be used and enjoyed. This is when the layout of a space needs to be considered. An interior designer needs to contemplate the best layout for the flow of traffic in a particular space. The third tip is to always combine different textures in one space. Even if the room is surrounded with neutral colors, textures can play an important part in transforming the room from boring to exciting. Play with satin, mesh, textured wallpaper, paint techniques and various upholsteries. The fourth tip is to incorporate the outside environment into the indoors. For example, an interior of a home located in Denver, Colorado may look different than a homes' interior located in Malibu, California. Use the outdoors as an inspiration when designing a homes' interior. A home located on the beach may have light colors, sheer textures and lots of natural light, whereas a home in Colorado may have darker tones combined with bold patterns. The final tip when designing a residential space is using high quality fabrics for lasting durability. When designing a space it is important that it lasts. Keep in mind the client lifestyles, designing accordingly to pets and children. For example, do not use light colored, high pile carpet in a home with large animals or active children. Always use upholsteries that are easy to clean.



See Residential Design Tips on page 4

## Paying the Penalty for Health Care Fraud?

Garden adult Medical Day Care facility was found guilty for Medicaid fraud and the owners will pay the fine of \$1.6 million and close their business. They were suspended from Medicaid program participation for the next five years. The facility wrongly billed the state for patients' blood pressure, blood sugar level testing as well as dispensing of medication. They were found to inappropriately make profits of \$1.87 million not only by claiming that they have given tests to the patients who have never gotten such tests, but also by submitting Medicaid claims for fifty recipients who were not even aware of the services.

The Medicaid fraud money that they have collected is coming from all of us, the taxpayers. I do not understand why they were only fined \$1.6 million when the amount of fraud publicly known is close to \$2 million. Although the owners have lost their business, they can open up another facility as soon as they have enough funds in hand. Suspension from participating in Medicaid program for five years would not mean anything because in five years they can get their participation capability back. When I think about millions of elderly patients who have been misled by the facility they have trusted, I feel so vulnerable because of the fact that such fraud is not something that one person can make differences; the whole nation should work towards making better living conditions for the people.

Since the October of 2003, the facility has failed the nursing standards of the state Department of Health and Senior Services. Without any suspension of business or improvement of the facility, I cannot believe that the Garden Adult Medical Day Care managed to continue services for elderly. There should have been thorough investigation before the facility was able to steal \$1.6 million from the state. I cannot believe how blinded we can be sometimes to a point where we do not seem to notice many unjust incidents happening around us.

For better and advancing care of elderly and sick patients, the state should make it more difficult for facilities to regain their abilities to treat and care for patients once they lose credibility. Like how they have all the sex offenders' pictures, names, and addresses registered online due to Megan's Law, we should do the same for people or facilities that have committed fraudulent activities in the past.

I am concerned for many elderly Americans who are prone to become victims of frauds and other crimes. I am glad that there are social services where the elderly people can get help from, but I do not think there are enough people who work at social services. The state should put much effort on hiring more social workers and alter current health service-related laws so that the elderly people can be much safer in getting treatments and cares from healthcare facilities.

-Eunji Back Moree

---

## Residential Design Tips continued from page 4

It is always a good idea for interior designers to choose the most eco-friendly products when re-designing a home. The clients will be able to cut costs long term when saving money on energy bills. For example, interior designers should choose double paneled glass windows filled with argon gas to reduce the amount of heat entering the room, keeping the costs of cooling a home at the bare minimum. Bamboo is a great alternative to use for flooring and cabinetry, and is more sustainable than other types of common options such as maple and oak. Interior Designers can also be more eco-friendly by simply choosing products that are close in area and shopping locally.

-Blake Leatherman



## Get Gingeducated!

We all may know this lovely tropical stem as a popular ingredient to our favorite asian dishes, however, for thousands of years in the Arab, Indian, and Asian cultures, ginger has been used widely for medicinal purposes. The herbal traditions has explained that ginger, which is a part of the *Zingiber officinale* plant, may benefit ones health with digestive problems such as nausea, upset stomach, & diarrhea. These beneficial qualities are due to ginger's many volatile oils and pungent phenol compounds also known as gingerols. The heat or spice of this plant, also helps tremendously in increasing blood circulation, which in turn aids in the riddance of toxins and relieving inflammation also associated with arthritis in the body. In fact, growing up, my family would always serve ginger tea, called Zanjabeel, after a meal in order to aid digestion and help prevent a cold or other illnesses during the winter months. Native to Asia, ginger is a worldly known spice that has been used for more than 4,000 years in cooking, and with its versatile appeal, is used for both sweet and savory dishes. Ginger can be found in your local markets in fresh, dried, candied, powdered and pickled form. So the next time you see that pile of pickled ginger at the sushi bar, always remember how beneficial this lovely stem is for your health and well being.



References: <http://www.umm.edu/altmed/articles/ginger-000246.htm>

- Hissa Alsudairy

## A Little Squeeze of Lemon Juice Goes a Long Way!

As the spring semester begins our stress levels sky rocket, so we all have to get our immune system ready to fight the coughing, sneezing, and aching. It is scientifically proven that a virus causes the common cold. Studies have shown on average a person may have two or more colds per year. Because a virus cannot be cured by medicine, it is safe to say there is no cure for the common cold. Medicines prescribed by a doctor, and/or medicines purchased over the counter, are only used to treat the symptoms of a cold.

One way we can boost our immune system is by insuring we get our daily-recommended value of vitamin C. Vitamin C helps with the duplication of white blood cells, which helps to fight infection. The juice from one lemon contains eighty percent of the daily-recommended value of vitamin C. Taking pills or medicine to treat your cold will leave you drowsy, groggy, and disoriented.

When you start noticing the symptoms of cold start drinking lemon juice mixed with warm water and honey. The water cuts the acidity of the lemon, and the honey gives it a sweeter taste. Drinking this lemon juice mixture twice a day will provide you with enough vitamin C to boost your immune system and fight any cold you feel coming on. Lemon juice is also known for its ability to break down mucus. If you look at your household cleaning products, you will notice the majority of them have lemon as one of its ingredients. The reason why lemon is used in cleaning products is because it has the ability to cut down grease. By drinking lemon juice twice a day, you will be assured that the thick mucus you feel in your system will be broken down and purged out of your immune system. Just remember...*A lemon juice a day keeps the doctor away.*



- Tigist Abegaz

## DON'T STRESS! JUST DO THE YOGA!

The younger and older generation of men and women today is merely stressed because of work, school, family life, and a variety of problems. Stress is a common problem in all parts of the country; although there is finally a solution for daily stress. Yoga! Yoga has been around for many centuries, however recently the techniques and teachings of yoga have profoundly influenced many individuals. Yoga has made its way into gyms, schools, and at home. The



techniques in yoga can be performed by individuals of any age. An older individual can carefully use poses to help with back problems or a younger individual can reduce daily tension. This article explains the use of yoga in schools for younger children. The students are taught yoga based techniques through a program called Yoga Ed. The variety of techniques taught is breathing exercises, postures, and relaxation.

The utilization of Yoga has proven to help children relax and improve their grades, behavior, self esteem, and their overall physical health. These techniques are administered by the teachers and consist of five to fifteen minutes of daily yoga exercises. The simple breathing technique forces children to calm their inner speed and relax the mind. When these children learn to relax with their stressful life, they quickly become inspired by the methods of yoga. This article also emphasizes the excitement children receive from a simple five to fifteen minutes of practicing yoga. Children are able to imagine the feeling of relaxation surrounding themselves in a dim light room and bring the mood of peace and calm. The stretches help improve the spine, relax their bellies, and reconnect with their inner selves.

Yoga has been an established form of exercise for living a healthy lifestyle, emotionally feel relaxed, and engage in a stress free life.

References: Wills, D. (2007). Do your omwork. Teacher Magazine, 18(4), 14.

-Sejal Shah

### Contributors

#### EMMA GOERISCH

Emma is the vice president and co-editor for SAFCS. She is a senior and a Nutrition and Dietetics and Food Science option.

#### ERIN MATTHEWS, MS



Erin is an FCS professor and the advisor of SAFCS.

#### HISSA ALSUDAIRY



Hissa the president and co-editor of SAFCS. Nutrition & Food Science option.

#### SHANNAN CASE

Shannan is a Family Studies option

#### SEJAL SHAH

Sejal is a senior and a Consumer Affairs option.

#### TIGIST ABEGAZ

Tigist is a senior and a Family Studies option.

#### EUNJI BLACK MOREE

Sejal is a senior and a Consumer Affairs option.

#### BLAKE LEATHERMAN

Blake is a senior and an Interior Design option.

### 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 editor, Valerie Yu, at [thebettynewsletter@csun.edu](mailto: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.