

The Betty Newsletter

The love lab: How Dr. John Gottman Predicts Divorce

Issue #47



Many people seem to think that the research done by social and family scientists is more imprecise and “unscientific” than the studies undertaken by natural scientists. However, the work of Dr. John Gottman goes a long way towards invalidating that notion. Gottman is a family therapist and researcher who focuses on predicting divorce and marital stability. His work provides a great example of ongoing, applicable scientific research within the world of family studies.

Gottman has written and published 190 academic articles on family research and has authored or co-authored 40 books, including *The Seven Principles for Making Marriage Work* and *Why Marriages Succeed or Fail*. Dr. John Gottman also works with his Dr. Julie Schwartz Gottman to run the Gottman Relationship Institute. The institute provides relationship and therapeutic training to couples and mental health professionals, as well as the Relationship Research Institute which is a non-profit organization focused on promoting family research.

The work of the Gottman's that happens to be the most intriguing is his “Love Lab” research. In this lab, Gottman and his colleagues have conducted numerous studies using an approach in which newlywed couples are observed during conversations about an area of contention in their marriage. During this process, physiological responses such as heart rate, skin temperature, and amount of body movement are recorded for each subject. The video-taped interactions are also coded by specialists, with each second being assigned one of twenty affect labels based on the subject's expression, tone, and speech. Using this information, Gottman and his associates have reported that after observing 15 minutes of a couple interacting, they can predict with 90% accuracy if the spouses will still be married 15 years later.

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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.



Why I chose to be a Betty...or Family Studies as an option

“Those roles that are most salient for us are also those that most likely define our identity.”

I chose Family Studies as my option because my life and identity revolve around my family. I am a wife, mother, student, daughter, sister and employee. Each of these roles shape, demand, challenge, and form me.

The role that requires the most energy is being a Mother. I have two children ages four and seven. They require much of my time. Being a mother is never ending, rewarding, challenging, exhausting, fulfilling voyage. I do not think of it as a “job,” but an “adventure.” A job is a chore; an adventure is a journey, one that I want to take.

I have been married twelve years. My husband and I both came from families that combined have been married over 80 years (my parents 35 his parents 45 years.) We both learned from them that to make any relationship work takes time, effort, energy and understanding. My husband and I are committed to this relationship and take every opportunity to strengthen it. We want to lead by example for our children when they grow up. Right now we are in the swing of raising kids and it can be stressful so the time we spend together is valuable.

I am a student. This of course is a task that I do not always enjoy but know how important the role is. Being a student requires hours of studying, writing and being away from my family. However, my education and the knowledge I have gained can never be taken away from me.

Although I am a daughter, it is not as demanding as my role as sister. I am the oldest child. I have a brother that is and married, a sister that is married to a marine serving in Iraq with two small children, and a little sister that is fifteen years old and a sophomore in college. Needless to say, I get calls at all hours of the night for advice, insight or support. I am the peacemaker, the side taker and the negotiator. I love my siblings and know they rely on me to be there for them. I also know my parents trust me to take care of them and take the role of matriarch at times when they cannot be there for them.

I live for the days I get to go to work. My role as employee is rewarding and gratifying. Not only because I am out of the house and get to be me but the relationships I have with my co-workers is that of a family. We have good days and bad days but through it all we work together to accomplish the task at hand.

My roles and responsibilities define who I am...what defines you?

-Shannan Case

SAFCS & California Pizza Kitchen Fundraiser!

Come one come all this Thursday February 24th as we try to raise money for the American Cancer Society's Relay For Life Cancer Walk! Simply bring the SAFCS/CPK flyer to the CPK located at the Northridge Mall off of Tampa Ave. It is an all day event so feel free to stop by between 11am-9pm.



Designer Looks for Less

Have you ever wanted to splurge on designer styles but did not want to end up with an empty wallet? No need to worry, you can still be chic for cheap with unique and trendy clothing choices but at a lower cost. The mass production retail store Target has been partnering up with designers who create a special collection for their consumers. Target might be the earliest and best-known retailer to start selling lower priced collections from high-end designers. Some designers even collaborate with each other to come up with a creative collection.

It first started with big efforts to make these collections successful by having dramatic styles, unique, but still with the current trend. At first, they tried to have long term lines with well known designers such as Michael Graves, Issac Mizrahi (whom lasted five years) and Liz Lange's maternity collection that is currently still selling. However, many people did not do as well as they hoped. Target decided to launch single collections from little known but still well respected designers in order to fix the issue. With a one time collection release from the designers, the clothing from the collections are gone for good, after consumers buy the products, which is the only downside to these collections. Success always comes with competition and since Target has been successful with the single collections, it has brought along competitors. Target's rival Wal-Mart, has been quite successful with its Norma Kamali line and is currently planning to launch a collection with a designer for plus size women. Both of these stores both average their designer collection lines at \$20 and they don't stand-alone. Payless also started to sell designer line collections with Isabel Toledo, who is one of Michelle Obama's favorite, but her line of shoes at Payless are more affordable for the general public and priced no higher than \$55. Payless also hit the runway at a recent Fashion Week event in New York that featured designs from "Project Runway" winner Christian Siriano and Lela Rose.

So next time you want to splurge on that cute designer jacket, check out these retail stores to shop for chic items at a cheap price.

- Diana Karen Mireles

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Like any researcher, Gottman is not without his detractors; his research is not perfect. However, since the 1980s, he and his colleagues have studied more than 3,000 married couples in the Love Lab, and they have contributed a wealth of information to the field's understanding of marital stability. Gottman's view is that predicting marital outcome is a matter of recognizing a given couple's natural interaction patterns and determining what those patterns indicate about their long-term stability. For example, Gottman's research experience has suggested that, in order for a marriage to avoid dissolution, the ratio of positive to negative interactions has to be at least five to one. Additionally, the four negative emotional processes of defensiveness, stonewalling, criticism, and contempt (which Gottman nicknames the "Four Horsemen of the Apocalypse") have been shown to be especially damaging to relationships.

For a complete understanding of what Gottman has found in his research, it is worth reading one or more of his peer-reviewed studies. For those interested in marital relationships, his results paint a complex picture of the interactions of successful and unsuccessful couples. Perhaps more importantly to the field of family studies, Gottman's work provides an example of how people focused theories can be studied and tested using a strict scientific approach, as well as how the resulting findings can be used to improve the ways in which helping professionals seek to make people's lives better. -Reference: Malcolm Gladwell's book, Blink.

-Anna Gray

Dry-Aging Beef At Home

Have you ever been to a good steak house and wonder how their steaks taste so good? When you walk into a good steak house, the aroma of intense beef flavor hits you in the nose and easily makes you drool before you even get to the table. The steak itself is so juicy and tender that it literally melts in your mouth. These characteristics of steaks would cost you around 50 dollars for a 16-20 oz piece. Little as we know, we can acquire restaurant-quality steak for 1/3 the price. Most of us have all the equipments we need. With patience and time, you can get a beautiful final product.

The process is called “dry-aging”. It’s a very easy and simple process. What you need are the followings:

- Refrigerator
- Baking sheet and cooling rack
- A Good cut of beef (preferably USDA Prime grade rib eye or New York, the bigger the better; you can get this at Costco for around ten dollars per lb)
- 3-4 cheese cloth or cloth towel
- 6-8 weeks of time

Step 1: Make sure you purchase a rib eye or New York steak because they will give you better results. Try not to wash the meat because you will lose the flavor.

Step 2: Wrap the beef with cheese cloth loosely and place on a baking sheet. Place on the bottom shelf of your refrigerator. Make sure the temperature of your refrigerator is between 35-41 F (2-5C). This temperature range is important because bacteria will grow if the temperature is above 41F. If the temperature is too cold the moisture from the meat will evaporate inefficiently. The basic concept of this process is to let the beef sit in the refrigerator for about 6-8 weeks to let the moisture in the meat evaporate, leaving you with more concentrated beef flavor.

Step 3: Change the cheese cloth daily for the first week to keep the beef as dry as possible so bacteria will not grow, then twice a week, until the six week. After a couple of days you will notice that the natural enzymes will cause the meat to tenderize.

Step 4: After 6 weeks, you will notice that the outer exterior of the steak is dried and darken. Do not panic! Shave the dried skin off (about 1/3 inch). Now, you are left with a beautiful, moist, and tender piece of steak. Cut steak and grill to your likeness and enjoy!



-Suttee Kittisurin



Product Recall

I recently read an article in the Journal of Consumer Affairs that discussed the topic of Product Recall. On the morning of May 12, 1988 Linda Ginzel took her 17-month old baby Danny to his daycare where Anna, his daycare provider would watch over him. That afternoon Anna set Danny down for a nap; little did she know that the crib she put Danny in was one that had been recalled. Anna had no idea about the situation. Anna left Daniel unattended for just a few moments and when she returned she horrifically saw that the crib had folded up with Daniel inside it. Mortified, Anna did all she could but despite her efforts Daniel died due to Asphyxiation. As terrible as this tragedy is, it puts into perspective the reality that products are recalled more often than consumers are aware of.

The U.S. Consumer Product Safety Commission (CPSC) has jurisdiction over more than 15,000 kinds of consumer products used in and around the home, in sports, recreation and schools including: appliances, clothing, electronic/electrical, furniture, household, children's products, lighting/lighter, outdoor, and sports/exercise. It is their job to ensure products are safely distributed to consumers. The CPSC is charged with protecting the public from unreasonable risks of serious injury or death from thousands of types of consumer products. As a Consumer Affairs major I am very responsive to hearing information based on product recalls. By visiting www.cpsc.gov you can view numerous product recalls ranging from Drop -Side Cribs, Halloween Lanterns, bicycles, etc. You can find information on over 4,500 product recalls and recall alerts on their website. If you see a recalled product available for sale online, e-mail the link to websafety@cpsc.gov.

- Lynda Morales

Brand Name Vs. Generic

Recently my 3 year old daughter came down with a cold. I decided to go to the drug store and buy her some medicine. I realized that there were several different brands with various prices for a cold. Since I didn't know which was the best one I looked to see the difference in the ingredients. The labels were different but the ingredients were the same. I started wondering which brand I should buy. The generic brand was almost half the price of the brand name drugs. I ended up buying the most expensive one figuring that since its expensive it must be the best. I rather be safe than sorry.

This experience began my journey to figure out which was actually better brand name or generic drugs. What I found out was that generic drugs have exactly the same dosage, intended use, effects and side effects as brand name drugs. I also found out that many people become concerned about the quality of generic drugs since the price is substantially cheaper.

The FDA requires generic drugs to be as safe as the brand name drugs. I found out that the reason generic drugs are cheaper is because they haven't had the expense of developing and marketing the new drug. I also found out that trademark laws in the US do not allow the generic drugs to look exactly like the brand-name, therefore colors, flavors or the combinations of inactive ingredients can be different. People pay high prices for brand names without the knowledge that they are the same as generic. I don't think it's fair to the public and the public should know about this knowledge.



-Odetta Abgaryan

JAPANESE DINING 日本料理

Like a lot of us, we love to eat our foods but tend to lack the knowledge of not only the origin but also the techniques, traditions, methodology, and symbolism of foods we eat. I absolutely love Japanese food and want to share with you all a brief background to Japanese food and dining etiquette.

In all Japanese cooking, there needs to be a setting. In Japan, before a meal is even presented it must not be without a beautiful and tranquil setting. There must be the presence of nature with either a window on looking the manicured gardens or simply providing a beautiful arrangement of fragrant flowers.



The surrounding dining environment is not only a concern in Japanese dining but also the art of placement and. The appropriateness of dining is taken to high respects from the arrangement of plates, utensils, and even in the movements of the waitresses as they open the sliding doors.

The Japanese cuisine is geared toward the passion for mysterious foods of all kinds along with preparations that are surrounded by ritualistic methods. In addition the Japanese restaurants may only specialize in a few dishes and even

sometimes in only one specific dish. The many specialities are noodles, tempura, crab, and sushi. Sushi is an art considered to take ten years to learn and perfect. Just as visual appearance is highly prized, so is freshness. In fact freshness is very important and a daily expedition to the market is a common aspect for a typical household

References: Kinjiro Omae and Yuzuru Tachibana. 1988. *The Book of Sushi*. (Tokyo): Kodansha International. p 103-108. www.thejapanpage.com

~Hissa Alsudairy

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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.