

The Betty Newsletter

Issue #41



Hey Ladies...Got Milk?

In today's modern world, working mothers tend to rely on formula in order to nourish their baby. However, they may not know that infant formula lacks key nutrients that are important for a growing infant. It is highly recommended that a mother breast feed her baby as soon as two hours after birth until the baby is 12 months old. The health benefits found in breast milk are immense and cannot be chemically engineered by man. The beauty of breast milk is that it would chemically change and mature along with the baby's growth in order to provide essential nutrients needed during developmental process. The most important difference between standard infant formula and breast milk, is that breast milk is live! Yes, I said live, breast milk contains, enzymes, growth factors, hormones, & immunoprotective elements that not only protect the baby from getting sick but also strengthens and promotes the growth of good bacteria and a healthy immune system. In addition, breast milk contains the proper amounts of vitamins, minerals, sugars, fats, and proteins that are important for infant physical and mental growth. That being said, many mothers may initiate breastfeeding their baby but will either stop due to working hours or the following misconceptions.



1. Mothers with small breasts can't breastfeed.

- Myth: The size of the breasts are only an indication of fatty tissue, and in no way can the amount of fatty tissue affect the amount of milk produced or the quality of milk produced. Therefore, a woman with small breasts is no different in producing quality milk to her baby to a woman with larger breasts.

2. Mothers who smoke can't breast feed.

- Myth: Breast feeding is still beneficial and it is always best to avoid artificially feeding the baby. However, it is highly encouraged to stop because in the long term usage of cigarettes causes for her baby to have health risks.

4. Mothers with poor eating habits can't breastfeed.

- Myth: research has indicated that regardless if a mother eats foods that are not nutritional sound, mildly malnourished, and or lacks food in general will not affect the milk's quality for the baby. If under famine conditions the milk composition may not be affected but there may be a slight alteration of the amount of milk produced because it requires energy (calories) for the body to be allowed to produced and supply milk.

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.



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5. Mothers who are ill can't breastfeed.
 - Myth: In almost most cases it is actually beneficial for the mother and baby if she continues to breastfeed because her body will rapidly produce antibodies for the illness she has and it is important to pass that on to the baby in order for him or her to fend off the illness. And if the baby does end up getting sick from the mother's disease they will have a slightly milder illness and will be able to fight it with the antibodies received from the mother's milk.
6. Mothers with implants/past breast surgery can't breastfeed.
 - Myth: If the implants were surgically placed under the tissue the milk ducts are usually left undisturbed and mother's are capable of breastfeeding. However if the ducts were in some way cut during surgery then the mother may lose her ability to produce milk and breastfeed.
7. Mothers with TB can't breastfeed.
 - Myth: Since tuberculosis is an infectious disease caused by the bacteria found in the lungs and transmitted from person to person through the air, the actual breast milk is not affected by the disease. However, until under proper medication for the disease it is wise to continue pumping but not have close contact with the baby in order to avoid passing on the disease through the air exchange. Therefore, under advised condition there is no need to be away from the baby and the mother can breast feed normally.

- Hissa Alsudairy



Facebook, The Ultimate Social Networking Site

On February 4, 2004 the social networking site Facebook was created to connect individuals from all aspects of life. Facebook was founded by Mark Zuckerberg who intended to only have college students for his target market. Over time, Facebook eventually expanded to age groups of 13 and up attracting more individuals. Whether it was used for establishing relationships or connecting with friends, the primary purpose was to extend an online social network for individuals.

With an every increasing network Facebook has expanded its features making the website more attractive than ever. Despite popular social networking sites such as MySpace, Twitter, or LinkedIn, Facebook has managed to remain on top globally. Recent news has shared that the popular site has more than 500 million active users which continues to grow on an everyday basis. Also, the buzz of the social networking site has caused the movie The Social Network to be created and receive several rave reviews amongst consumers. With Facebook being on top in the social networking world, here are 5 tops reasons why you can never go wrong with the site:

1. It connects social animals with new acquaintances and old friends
2. You can email, chat, image, and video share
3. It has mobile phone or computers access
4. It has promotion capability through advertisements
5. Easy to navigate

With these factors in mind, Facebook is the ultimate social networking site of its time dominating the market of multimedia.

- Kia Bess



THANKS TRADER JOE'S

I love Trader Joe's for its fun Hawaiian atmosphere, cheerful employees, and yummy samples. When you start walking over to the checkout stand you couldn't help to notice the list of recalls that they have listed on their products and what items they have taken out. It is frustrating with all the different food recalls that we hear on the news but at least we know that one grocery store, Trader Joe's, actually alerts their customers about their own food recalls as quickly as possible. If you go to Vons or Ralphs you can't really spot any food recalls, because for those major grocery companies, it's more like a "hit or miss" type of situation, you either know or you don't know about the recalls. And if you don't know about the recent food recalls, hopefully someone tells you via text message or you hear it on the news.



To keep your self alert and posted on the latest recalls, check out The U.S. Food and Drug Administration (FDA) website and Trader Joe's website as well. If you are a big grocery shopper at Trader Joe's like me, get on Trader Joe's mailing list so you can be aware before anyone else is.

The FDA cares and that's why they are always in alert of recalls, which usually happens by unpredictable events, mechanical and human error, and environmental conditions all play a role in the problems we continue to see in food production, processing, and distribution. FDA works with industry to ensure products that may cause harm to be recalled as quickly as possible. Recalling a food product may mean that a problem has been caught early before it has a chance to become an even greater problem.

Just remember, be in alert with what food products you purchase. If it's from Trader Joe's or not, always check out their website or the FDA website at FDA.Gov., which is highly recommend to sign up for the FDA email updates on food, drugs, cosmetics, etc. Together, we can be in alert with what we are purchasing at the check out stand and putting in our mouths, because Trader Joe's cares! - Melissa Brooks

Mom Goes Back To College

After getting married, all I ever wanted to do was to return to college and earn a degree. Three years ago, at age thirty-two, I made that dream a reality. As a wife, and a stay-at-home mom of two young daughters, I quickly realized that it was not going to be easy. Being a full-time student and a homemaker has really pushed my limits. I have often found myself overwhelmed and stressed out. Unfortunately and inevitably, going back to school greatly affected my family in many ways. Some days, I am not home when my kids get home from school, which means that I am not there to help them with their homework. Everyday, the laundry piles up as it only gets done once a week. Cooking dinner is a treat because...well, who has time for cooking when you have more important things to do. I stay up many late nights doing homework, while everyone else is fast asleep. And like many college students, I find myself having to function with as little as five to six hours of sleep. We all know what lack of sleep can do to our mood.



Fortunately, as a Family Studies major, I have learned that stress management is essential for a family's well-being. With a lot of dedication, determination, and sacrifice I have managed to overcome all obstacles and thankfully I am looking forward to graduation this December. I could not have done this without my husband's support and my mom's help. I am grateful that I have had the opportunity to obtain a college education and I hope that my experience serve as a good example for my children and inspires other moms to go back to school as it is never too late, or your never to old to get an education.

- Eloisa Torres

Consumer Supported Agriculture (CSA) at CSUN

Consumer Supported Agriculture (CSA) is now at CSUN and is available to faculty and students. The Consumer Supported Agriculture Program is a way for farmers to reach out to consumers by selling local seasonal vegetables and fruits. CSUN has gotten involved in this great cause by buying their local goods from the Underwood Family Farms in Moorpark.



If you are interested, please sign up at www.underwoodfamilyfarms.com, and click on the CSA program title. You



must purchase a month's membership in order to receive boxes of fruits or vegetables on your specified shipment day. There are two sizes of boxes that consumers get to choose from. The small is available at \$15 and the large is \$20. The boxes are made so that a small will feed a family of 2 and a large will feed a family of about 4 for the whole entire week.

I encourage all Family and Consumer Science majors to sign up for this program to receive fresh produce straight from the farm with no middle man. It will save you money by eliminating the errand of going to the grocery store every week and allowing you to work on your culinary skills. If you like Underwood Family Farms produce so much, you can find them at the Canoga Park Farmer's Market on Saturdays as well as The Marilyn Magaram Center's Internship Ask the Dietitian. Come by and say hi and support this great cause!

- Francesca Campisi

I WALK.....the 26th Annual AIDS Walk

Come join over 300,000 walkers, walk the streets of Los Angeles on October 17, 2010. AIDS Walk Los Angeles is the single largest source of private support for direct services that thousands of low-income Angelenos living with HIV/AIDS.



This year's event on October 17, 2010, will take place just days after the announcement of a crushing \$52 million budget cut to California's HIV/AIDS care and prevention programs. Yet more Angelenos are now living with



HIV/AIDS than ever before, and infection rates are soaring among those at highest risk. AIDS Walk Los Angeles is more important than ever as a source of vital support for programs and services that work to save lives, prevent infections, and end AIDS.

AIDS Walk Los Angeles starts at 10 a.m. which will turn out to be a powerful and inspiring day beginning and ending in West Hollywood Park with a route that traverses the streets of Los Angeles and West Hollywood. On October 17, 2010, we will walk to remember those we have lost, we will walk to help our friends, family and fellow Angelenos who are affected by HIV/AIDS, and we will walk to show our never-ending determination to end AIDS. For more information, visit aidswalk.net

EDITORS NOTE:

Did you know that eating vegetables straight from the farm plus walking the AIDS WALK on Oct. 17, 2010 can help reduce stroke risks. Those who walk at least 3 miles per hour or faster have a 37% lower chance of suffering from any type of stroke (webmd.com).

Should Chocolate Milk Be Allowed In Schools?



With a childhood obesity battle, there has been a growing shift of focus on chocolate milk, which account for more than 70% of school milk consumption.

The U.S. Department of Agriculture’s food pyramid recommends that children consume 2 to 3 cups of dairy products per day to maintain calcium levels. But without thinking that children are drinking chocolate milk instead of plain milk adds 100 to 200 calories from sugar per day.

The National Dairy Council has launched an aggressive public relations campaign, “*Raise Your Hand for Chocolate Milk*,” to keep flavored milk in schools. Public health experts and school administrators are divided as to whether the nutritional benefits of flavored milks outweigh their sugar intake downside.

Here are 2 competing views on Chocolate milk:

(1) Chocolate milk is better than no milk at all

According to *Rachel Johnson, a dietitian from Univeristy of Vermont whose research has been funded by National Dairy Council*, explains that yes, having milk in school meals is important but if flavored milk gets eliminated then there will be a 35% drop in milk consumption. When children don’t drink flavored milk, they are substituting it with sodas, which means getting a lot less essential nutrients.

If the plan is to eliminate flavored milk, then milk consumption is going to drop. Which means, schoolx are going to start re-planning the whole school menu to add those nutrients back.

(2) Keep flavored milks out of cafeterias

According to *Marlene Schwartz, psychologist and deputy director for Food Policy and Obesity at Yale University*, states that “Flavored milk is fine as an occasional treat, but should not be served as a day to day basis.” Rather than working to decrease the amount of added sugar in flavored milk, lets start directing kids back to plain milk. No matter what, kids will buy flavored milk when it is offered but that doesn’t mean they won’t drink plain milk.

Does this mean that kids should consume covered flavored fruit to get more nutrients?

This debate is not just on chocolate milk but flavoring everything that’s marketed to kids. More information visit: www.latimes.com

- Melissa Brooks

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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 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.