

# The Betty Newsletter

Issue #44



## ThanksGIVING

*"Each family is so complex as to be known and understood only in part even by its own members. Families struggle with contradictions as massive as Everest, as fluid and changing as the Mississippi... Yet when practical the preference should be for family.* - Maya Angelou

As Thanksgiving rapidly approaches families are making plans to come together, share a meal, and communicate with one another. For some, the holidays are a time of obligation and dread. The mention of family to some may make them shutter while others will make them smile. As a family studies major, I am reminded of the stress related to families especially around the holidays. Stress in a family will make it stronger and bring the family closer or weaken the structure and divide the family. The family is a flexible, cohesive, abstract, and an unimaginable group of people that are together due to birth or marriage.



During this time of economic recession many families are not only dealing with the stresses life; but the reality that the holidays are rapidly approaching and there are little resources to provide adequately for their family. Last year I was introduced to the Valley Food Bank, a non profit that supplies groceries to families in need. There they provided many Thanksgiving baskets to assist families in need. Thanksgiving is a time to feast and enjoy time with your family. As students we can give donations, our time, organize a food drive or even shop at local thrift stores that donate portions of proceeds to the food bank.

No gift or act of kindness is too small. This was recently proven by the SAFCS as they demonstrated their goodness by raising funds to sponsor a local kitchen that assists with meals, to find out more about the Valley Food Bank or to donate please check out their website at:

<http://www.valleyfoodbank.org/> Happy Thanksgiving!

- Shannon Case

This newsletter was name "The Betty" after the Betty Lamp: a symbol adopted by Family and Consumer Sciences representing joy, knowledge, fellowship, cooperation, service, achievement, and the



## VITAMINS AND MINERALS ALL AROUND

Can vitamins, herbal supplements and dietary supplements keep you youthful and healthy? A large number of American consumers believe this to be the case because of the numerous promises they have been given by pharmaceutical companies. In 1994 Senator Hatch and Harkin a law sponsored the law, Dietary Supplement Health and Education Act. This law was created to oversee the sale of dietary supplements. Critics however, see this act as a law created by dietary supplement industries to expose consumers to uncertain risks. According to the Food and Drug Administration “within four years of its passage, annual sales of dietary supplements jumped from \$4 to \$12 billion” this occurred because manufacturers no longer need their approval in order to market a new dietary supplement. Vitamins and dietary supplements are important to consumers because they are constantly told that they have to take daily-pills that contain vitamins, minerals and supplements in order to look younger, prevent diseases, and or lose weight.



The average consumer does not realize that they can obtain their daily recommended vitamins and minerals by practicing a healthy diet. This in turn will increase energy, prevent diseases, and cause a weight reduction. A common vitamin taken by American consumers is Vitamin C. Vitamin C facilitates the absorption of iron which helps with recovery from burns, and excretion of cholesterol in bile acids. Vitamin C is common in foods such as red bell pepper, oranges, grapefruits, strawberries, broccoli, and tomatoes. Citrus fruits such as oranges and grapefruits are the highest food sources of vitamin C because they can be taken in the form of juice and they are conveniently accessible. A common mineral taken by consumers is Calcium. Calcium is recognized as the most abundant mineral that exists in the human body. Calcium is common in dairy products such as milk, cheese, and yogurt. Other foods such as Chinese cabbage, kale, and broccoli contain calcium and are better choices for vegans or people with lactose intolerance. Dietary supplement industries are making billions of dollars each year by giving consumers promises of health and youth. However, vitamins and minerals can be found in the foods all around us. So, next time you're in grocery store shopping for calcium supplements maybe a dairy product would be a better alternative.

- Jennifer Pena



### FREE the SLAVES

**Who We Are:** Free the Slaves liberates slaves around the world, helps them rebuild their lives and researches real world solutions to eradicate slavery forever.

**What We Do:** Free the Slaves works on the ground with liberators around the world. They do what it takes to free men, women and children and help them stay free.

**What's the cost of freedom?** - \$132 pays to free child slaves in India who are then helped to recover and rebuild their lives.

**How You Can Help:** (1) Educate Yourself about Slavery (2) Spread the Word

(3) Join the Movement- I am the Change! (4) Volunteer/Intern

For more information, Visit the website: <http://www.freetheslaves.net/>



Editors  
Likes!

## FAMILY STUDIES MAJOR.....LISTEN UP!

As an FCS Family Studies major, I get a lot of, “So what do you do with a Family Studies major?” Then I would answer something like, “Oh, you know. It’s like social work. It prepares me for counseling, childcare and stuff like that.” Only then would they understand and say, “Ah, I see.” But quite honestly, that is the very question that I’ve asked myself many times – what *am* I going to do with a major like Family Studies that seems so abstract and intangible? Fortunately, through the FCS 380 class I took the opportunity to interview someone from the social work field for my professional development assignment. I learned so much from it. Here are parts of my interview with Children’s Service Administrator, Mark Cheung.



**Liu: Can you tell me more about the foster care system?**

Cheung: Sure. The foster parent candidates don’t have to be licensed. They just need to take classes and have a clean record. They’re recruited in two different ways. One’s through the Family Foster Home (FFH) and the other is through the state giving money to a group called Foster Family Agency (FFA).

**Liu: What’s the difference between the two?**

Cheung: Well, you’ve heard of those horror stories of awful foster parents who abuse their foster kids, right? Those cases are usually from the FFA. FFH is based on concept and value while FFA is based on commercialization. Those candidates through the FFH usually are sincere foster parents, but those recruited by the FFA sometimes may be driven by money incentives because, for example, they get \$3200 tax free per every special-needs child that they take in.

**Liu: So what does your typical work day look like? Do you conduct home visitations?**

Cheung: No, I stay at the department reviewing and assessing the reports. Typically, our child abuse hotline gets 300-600 report calls everyday. These calls are taken 24/7 by 75 of our workers who are divided into three shifts.

**Liu: So do most of those calls really constitute as child abuse cases?**

Cheung: No, they don’t. Of the 40% in-person referral assessments per day, only 1% is a true case of severe child abuse. However, there are too many marginal cases of children getting hurt but not severely injured, and that makes up about 20-30% of the daily referrals.

**Liu: How do you determine that?**

Cheung: We use two assessment components. The first is violation of law and the second is Structure Decision-Making (SDM).

**Liu: Are there any personalities that would be best equipped for this field of occupation?**

Cheung (nodded): That’s a very good question. I’d say perseverance and knowing how to utilize their energy effectively and efficiently because they need to endure the difficulties without getting burned out. We’re working with people, so it’s definitely a tough job, but it is also very rewarding.

**Editors: Turkey + Nap Time!**

Thanksgiving is the time to give thanks.  
But, it is also the time to eat a lot and  
nap after your thanksgiving meal.  
Want to sleep? Eat a nice slice of turkey!  
Happy Turkey!



## ARE YOU SHOPPING WHOLE?

The leading organic food retailer, Whole Foods Market, is well known for their natural and organic food/beverage products. This specialty and natural retailer store have provided consumers with beneficial healthy products and have maintained their popularity. In the past two years do to the recession and the increase in prices many individuals begin spending their money wisely? However, many shoppers controlled their spending power on certain items, but purchased wisely on food. This article explains the customers buying power increase of 43 to 47 percentages during the recession. Customers continue to purchase natural and/or organic products at Whole Foods Market. The number one organic food retailer had its 30<sup>th</sup> anniversary this fall and has grown in sales from 13.3 percent in 2005 to \$7.9 billion in 2009 sales. Many shoppers have a strong desire to provide healthy and high quality foods for their families, while they consider the cost and their budget.

These dedicated products, which are healthy, popular organic products milk, juice, non-dairy and specialty coffee. A new organic soymilk, also a vegan calcium, vitamin D, and ALA Market has been a dedicated high quality and reasonable prefer Whole Foods Market, quality they receive from their nutritious purchase.

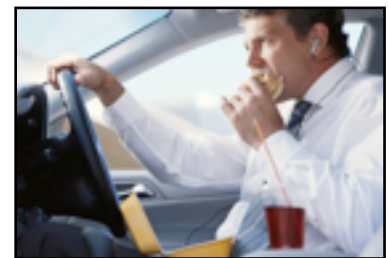


consumers are purchasing natural nutritious, and wholesome. The purchased by shoppers are organic beverages, along with flavored teas product Whole Foods launched is product and an excellent source of omega-3 fatty acids. Whole Foods store and leading consumers with product prices. Many shoppers because of the organic education and

Another benefit from shopping at Whole Foods is learning from their well-educated staff. Customers prefer to identify and gain valuable information about their product purchase before adding it to their cart. I myself shop at Whole Foods and make it a habit to purchase organic and natural products. My preferred products are chocolate flavored soymilk, organic cereals, and organic pastas. Whole Foods offers a variety of nutritious products and reasonable pricing for there shoppers. Moreover, Whole Foods Market will continue to grow and provide consumers with excellent price and value for their purchases. - Sejal Shah

## OH, THE PLACES OUR FOOD HAS GONE

People eat everywhere. On the go, in front of the television, at their dining room table, at the breakfast bar, at the bar, in restaurants, while studying, in bed... the list goes on and on! Does it not strike anyone else as strange that we as a community can literally eat anywhere? Or has it ever crossed your mind how our dietary habits would be changed if we had a set time and place (for example, a table) to eat regular meals and snacks? It may be possible for a person to improve their health by simply planning their meals and routines more efficiently.



Food is even idolized in many parts of the world. If you go to France, you just HAVE to eat their crepes and other bakery items. In Germany, it's all about the beer and the sausages. Japan's cuisine contains seafood galore. In America... well, we have the array of hamburgers and fried foods. Even within America, food takes its stand. Along the east coast, seafood is the hype; while in Texas, fried chicken and biscuits and gravy are common items on many menus. Just think about your local fair. How many people take the opportunity to try fried ice cream and the biggest ring of fries many of us have seen?

So I challenge you, next time you are on go, plan your meals. Try to pack a lunch or already know where and what you are going to eat (the healthier the better), and see if you can make time to sit at a table while you eat your snack or meal at a table or even on a bench. In addition, be aware of where you are going, and the popular foods. Think about whether you truly want that food item, or if it is just 'the cool thing to do.' Make good choices for yourself, don't just follow the crowd. - Erica Gold



## BUY FRESH FROM LOCAL FARMERS MARKETS

There is a newer 100% organic restaurant in Woodland Hills called Juicy Ladies that is sweeping farmers markets on the West side. The restaurant has been doing markets in Calabasas, Brentwood, and Palisades the last few months. I am an employee of the farmer's market in Brentwood but it's a great way to get young people who are interested in eating raw and completely organic. I do not want to push the product but express an interest in getting people out to farmers markets and away from supermarkets that tend to sell a low quality product and hurt local farms by importing produce. Getting away from processed foods with lots of preservatives can be eliminated completely by buying fresh each week.

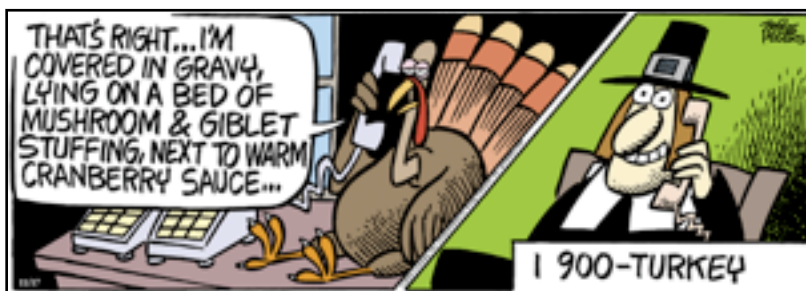


This is a healthy alternative to snacking since you can stock up on food each week like at any other store but its fresh and helps anyone control what they put in the their body. Here are some of the farmers markets locally in the San Fernando Valley. Markets on Saturdays are in Burbank, Calabasas, and North Hills. Sunday markets include Encino, Studio City, Tarzana, and Toluca Lake. All of this information is available online for details of weekend markets as well as those during the week.

What to expect at markets is a lot of variety among vendors. At the three markets that Juicy Ladies is involved in there is fresh produce, jewelry, clothes, prepackaged food, and good prepared on site for immediate consumption to name a few. Overall it's a great way to get great food and do a good thing for your body especially since so many of the people at the market are knowledgeable in what they do.

For more information, visit: <http://www.sanfernandovalleyokay.com/>

- Emma Goerisch



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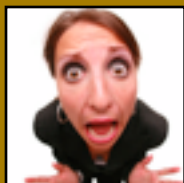
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## WE WANT TO HEAR FROM YOU!!!



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!!!

Send an article to the editors, 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. ~ Keep those articles coming!