

# The Betty Newsletter

## Thankful on Thanksgiving

Issue #55



### What is There To Be Thankful for on Thanksgiving?

As the years pass on, I have often been told reasons to stop practicing and believing in American based holidays. Many American holidays have a history relating back to when America was first discovered. Back then, things were not so good for the Natives of this country. Many Native Americans were being raped, imprisoned, and killed. Because of the unfortunate history between this country's early settlers and the Natives of this land, holidays such as Thanksgiving and Columbus Day are often seen as a bit too morbid for

instead suggested making atonement, or eliminating altogether. Some Native celebrate Un-Thanksgiving suggesting a national day the depressing history Thanksgiving offers a lot idea of thanksgiving never instead was suggested as a for having made it to celebrated Thanksgiving Natives because they the feast. This

a feast celebrating a successful harvest. Thanksgiving as we know it today was actually the idea of Abraham Lincoln. In 1863, during the Civil War, President Lincoln suggested that a national day be celebrated to give thanks and to be grateful for all of the thriving industries the United States had been blessed with, even in times of war. In Lincoln's plans for thanksgiving, Native American's and the history behind Thanksgiving were never mentioned.

Though this holiday may be seen as morbid and a celebration of all that is wrong with the settling and founding of this country. I believe that it was a holiday started and continually practiced with good intentions. On Thanksgiving Day, the third Thursday of each November, people come together with friends and family to celebrate everything they have been lucky enough to have in their lives. People will often say what they are grateful for, and it can range from the house over their head, the food on their table, or even to the socks they are wearing. In most households, this holiday is no longer about celebrating the beginnings of this country, but instead, it is about being with loved ones and celebrating everything there is to be thankful for.

There is always,  
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thankful for.

celebration. Some people have these holidays into days of them from the calendar Americans go as far as to Day or to hold protests of mourning. However, despite relating to Native Americans, to be thankful for. In fact, the actually involved the Natives; it holiday meant to thank God America safely. The first did however include the shared in the crop growing, and Thanksgiving, was however, just

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.



Reference: <http://showcase.netins.net/web/creative/lincoln/speeches/thanks.htm>

-Courtney Patterson

## HOW DO YOU SUPPLEMENT?

How do you know when too many supplements are too much? Well, if you are lucky, you will catch it when you start peeing neon green/yellow. Unfortunately, you may end up with much more damaging health risks if you take too many of certain micronutrients. It is commonly thought, 'if a little is good for me, then more should be better'. This however, is not the case. Similarly being that a limited amount of fat is needed in the body, but too much excess can lead to many health risks and even death. It is important to regulate how much vitamins and minerals you are putting into your body in order to prevent serious problems.

Personally, I have noticed that body builders, or guys who want to look like body builders, take more supplements than most. One guy I talked to proudly told me that he pees neon constantly after I informed him that his body can only take so much of certain vitamins and minerals that he overdoses with, and will secrete any it does not need, and the rest that is stored may become hazardous to his health. In his mind, more is still better. I truly hope none of you think like he does, and will take better care of yourself than he even thinks he is taking care of his.

With that said, a daily vitamin is beneficial to most average people. I understand that many students (myself included) do not eat a balanced diet and do not obtain the daily amounts of vitamins and minerals suggested by the Recommended Daily Allowance (RDA). It is hard as a student to plan and execute a well rounded diet including all the micronutrients recommended. Although this is the time (while we are in college and starting to live on our own) to start planning and setting habits to eat healthier, a daily vitamin can truly boost your health when taken properly.

Remember to analyze, plan, and be careful while using supplements-- but do not be afraid to use them and enjoy their benefits.

-Erica Gold

## A DAY WITH A FOSTER CHILD

On Saturday November 13, 2011 Children Uniting Nations hosted its 13<sup>th</sup> annual day of the Child event in the Star Eco Station in Culver City. The purpose of this annual event is to expose foster children to a fun, safe environment and take their minds away from their current situation. The organizers, volunteers, mentors, artist and businesses that help make this event possible are there for the children that is why it's called Day of The Child. The people registering online prior to the event became mentors. Being a mentor meant that you would be assign one foster child to spend the whole day with. The event was in the Star Eco Station in Culver City which was closed for the special event. There was food, fair rides, games, animal exhibits, and arts and crafts for the kids to enjoy with their mentors. Everything was free and there was live entertainment.

It gratifies me that these types of events are occurring and that everyone involved is there to achieve the same goal. I was motivated to write about this event for several reasons, but the main one is to bring awareness on the power community involvement and organizing and the lives of many it touches. I spoke with one of the main organizers and I quote her "My friends and I got together one night and had a discussion on foster children. We ended up saying to ourselves most of foster children are neglected what can we do to help". I was amazed to hear that this event that is now helping more than 800 children. It began with a friend's reunion, a birthday party, or a high reunion when a few people were feeling the same need of making a difference in their community. It was a life changing volunteer experience for me and would be for Family Studies Options and anyone wishing to you well. Since the holidays are approaching think on how you can contribute and bless the life of another in need.

Source and for more info visit: <http://www.childrenunitingnations.org/day-of-the-child-2011/>

-Blanca Mejia

## THE COLLEGE STUDENT DIET

With time always being of the essence and often having to balance work with class and the extracurricular activities eating right often takes too long. Fast food joints don't always offer the best selection of healthy foods, campus shops are only open so often and never on weekends. How are we supposed to get out grub quickly, cheaply, and at crazy hours? The idea occurred to me that some fast food chains are so customizable with their menus you actually can get some healthier food there even if you don't realize it. Here are some better options when you choose to eat on the go that will not only fill you up but is the alternative to the big burger and fries.

### Burger King

- Offers a garden salad with less than 50 calories not including the dressing
- Has a big fish patty (not the sandwich) which you can get for a couple of bucks that's half your day's protein and 220 calories

### Jack in the Box

- Grilled chicken strips provide 15% of your potassium required and meet the entire daily requirement of protein with only 7g of fat.

There are a lot more options on the Jack in the Box website and if you look under Nutrition and click "Better For You" it shows you how on many of the menu items you can choose to cut fat, sodium, or overall calories on certain foods by substituting healthier options. It shows you how to customize a meal according to calories so that you don't go over. The website goes out of its way to provide nutritional feedback which is not usually what fast food purveyors advertise.

### McDonalds

The dreaded McDonalds website is one of the hardest to navigate for its nutrition breakdown. It is only available as a pdf and it's not customizable like the others meaning you can't add or subtract things from the item to see how you can improve its nutritional value. However there was some good news. Most of its wraps are all less than 400 calories which is not bad. Stay away from its breakfast selection unless you were to order the fruit and oatmeal which has info less than 300 calories which has less sugar. Either way it means if you pair it with a healthier protein or another form of fruit to start the day. Many of the salads aren't too bad either by not exceeding 400 calories. Though it's not a user friendly or there's a will there's a way and it does provide some incite.

My point here is not to justify eating fast food instead of a complete nutritious meal. Especially since the sodium is very high. This is to offer an alternative if you are already going that route in order to create better habits when you know you don't have time or money and nothing else is open.

This is merely a guide to better eating since the reality is healthy food isn't always a fast option and when you need to eat but chose to study until the middle of the night there are a few places that will cater to your needs. All of the information I discussed is available on the restaurants websites and rather than kill ten minutes on Facebook take a look so next time its late or you feel a fast food trip coming on know what you're putting in your body so you'll make a better decision.



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-Emma Goerisch

## PRISON PINK

Some of you may think prison cells are dark, eerie and colored in shades of gray, however it has been found that several prisons around the country have been using shades of pink to help control their prisoners. Scott Isaacs, a journalist for Newsvine.com says that they are incorporating pink walls, pink prison outfits as well as pink bedding. It has been found that jails who have used this pink strategy have seen violence decrease and also a lower rate of recidivism (the amount of crimes committed after being released from prison). Psychologists have considered that pink not only calms the prisoners but plays a role on their psyche due to the femininity and innocence that pink is associated with. It makes them feel embarrassed to be seen by friends, family, and fellow inmates. According to Dan Glaister, journalist of The Guardian, the negative affect pink has on the prisoners is that they are refusing to do labor out in the community due to their pink uniforms. The pink uniforms are meant to humiliate the prisoners so that they will deter them from returning to jail while the pink walls are used to calm tempers.

A prison in South Carolina picks and chooses which prisoners wear the pink uniforms while others do not. Inmates being imprisoned for sexual misconduct will be forced to wear pink due to the crime they committed. According to Sharon Nealous, this makes the prisoner an easier target to be assaulted by other prisoners. Court documents say that pink was chosen as the color representing “inmates involved in sexual activity partly because other colors were taken — yellow for segregation units, dark green on death row — but also because the system’s prisoners don’t like wearing pink, which contributes to its deterrent effect, the memo states.” South Carolina uses this pink policy for both men and women.

In Mason County, Texas, Sheriff Clint Low uses pink to its highest advantage in order to cut down on repeat offenders. He made them wear “pink jumpsuits, he put them in pink shoes, pink underwear and pink socks. He painted cell walls pink and put in pink sheets and towels.” Low said this reduced returning prisoners by 68%.

It will be interesting to see if pink is being used to manipulate other situations in the future. But for now it is certain that many more studies need to be done to determine the effectiveness of the color pink.

-Michele Rothstein

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## DECADENT CHOCOLATE-HAZELNUT TORTE

Ingredients:

- non stick cooking spray with flour
  - 3/4 cup (175 mL) whole blanched hazelnuts without skins, divided
  - 1 small pkg (9 oz/250 g) devil’s food cake mix
  - 1 jar (13 oz or 400 g) chocolate hazelnut spread, divided
  - 1/2 cup (125 mL) sour cream
  - 1 egg
  - 1 container (8 oz) frozen whipped topping, thawed, divided (3 cups/750 mL)
1. Preheat oven to 350° F. Spray one Torte Pan with nonstick cooking spray with flour. Place an 8-in. circle of parchment paper over center of pan. Grate 1/2 cup (125 mL) of hazelnuts into mixing bowl. Add cake mix, 1/3 cup (75 mL) of the hazelnut spread, sour cream and egg; mix well. Pour batter into pan; spread evenly. Bake 12-14 minutes or until wooden pick inserted into center come out clean.
  2. Remove pan from oven to cooling rack, let stand for 2 minutes. Invert cake onto cooling rack; remove pan and parchment. Cool 10 minutes. Transfer cake well-side up.
  3. Meanwhile, for filling, combine remaining hazelnut spread and 1 1/2 cups (375 mL) of the whipping topping into bowl; mix until smooth. Spread filling evenly into well of cake. Attach open star tip to a cake decorating bag; fill with remaining whipped topping. Pipe whipped topping over filling in a lattice pattern; grate remaining hazelnuts over cake.

-Dominique Aguet



## YUMMY LOW CALORIE PUMPKIN PIE

### Yummy Low Calorie Pumpkin Pie

**Ingredients:**

- 1 (16 oz.) can solid pack pumpkin
- 1 (13 oz.) can evaporated skim milk
- 1 egg
- 2 egg whites
- 1/3 c. biscuit mix (Bisquick type)
- 2 tbsp. sugar
- 8 packets sugar sub. (sweet & low)
- 2 tsp. pumpkin pie spice
- 2 tsp. vanilla



**Preparation:**

Heat oven to 350 degrees. Lightly spray 9 inch pie pan with vegetable spray. Place all ingredients in blender or mix with electric mixer. Pour into pie tin or pan. Bake in oven (350 degrees) for 45 minutes or until knife placed in middle of pie returns clean. Can cut pie into 8 pieces.

1 serving - 1 starch bread exchange, 1/2 medium fat or meat exchange, 114 calories. 18 grams carbohydrates. 6 grams protein. 2 grams fat. 173 mg sodium.

<http://www.cooks.com/rec/view/0,1725,154160-239204,00.html>

-Crystal Aguilar

*To You and Your Family,  
Have a Happy Thanksgiving!*



*-Francesca Campisi and Emma Goerisch  
Editors of The Betty Newsletter*

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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 Betty 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, and a picture of your pretty face.