



**HILLSBOROUGH COUNTY FAMILY AND CONSUMER SCIENCES NEWSLETTER**

5339 South County Road 579, Seffner, Florida 33584-3334

Phone: (813)744-5519 FAX: (813)744-5776

Visit Our Website At: <http://hillsboroughfcs.ifas.ufl.edu/>

January 2006

## The Resilient Teen

By Joe Pergola, Regional Family Life Extension Faculty

Dr. Maurice J. Elias, writing for the Bureau For At-Risk Youth provides helpful insight for parents and other adults working with adolescents on fostering resiliency in young people.

Dr. Elias says we should think of resilience (bouncing back from difficult challenges or crises in life) not as an inborn trait but as a result of the resources provided to individuals and how those resources are used.

Teens say that it was key people in their lives that enabled them to bounce back from crisis, despair, suicidal thoughts, drugs, etc. Someone reached out to them, someone helped them to see the best parts of themselves that they had lost sight of, someone rekindled a lost sense of hope, someone lit a spark. In all these instances, the teens themselves had to grasp the opportunity. But the first step was to create the possibility.

Indeed, if we were to look carefully at instances of resilience, we would find that in most cases, there were key people who showed help and caring; there were tangible support resources at key moments; there were early



emotional memories that left the ability to feel love, hope, and optimism. Certainly, individuals differ in their attunement to environmental factors and even to their ability to tap their own strengths and experiences. Resilience is enhanced when responsible adults – educators, parents, youth workers, coaches, community leaders – provide as many supports in the environment as can be mustered, based on the assumption that encounters with such supports will be strengthening to virtually all youth.

### *Opportunities for Contribution*

Dr. Elias say there may appear to be a teen tendency toward being self-centered, but that is really because the teen years are so much about self-discovery, not really about selfishness. Teens actually thrive on helping, on making contributions to causes, saving the environment, helping senior citizens, teaching what they know to younger, needier kids, working in soup kitchens, helping in political campaigns, raising funds for people who are suffering, helping their religious institutions reach

their charitable goals. Contributions are part of what helps teens – and adults – feel a sense of fulfillment.

### *Opportunities for Meaningful Belonging*

Teens need groups to belong to. That's what motivates some to join gangs. They are looking for places where they:

- Have a role
- Feel a sense of purpose
- Discover positive peer relationships
- Join others who have similar interests or abilities
- Learn things
- Experience inspiring leadership
- Find a safe, comfortable, accepting place to be.

Sounds like an ideal extended family, doesn't it? Now, unfortunately, this describes too few families. But clubs, teams, youth groups, and community organizations also can foster a sense of belonging. Caretakers of teens have a role in making sure that groups provide what teens are looking for in a healthy way.

### *Opportunities to Display Their Talents*

What are the cherished talents of teenagers you work with or live with? Maybe you see it in their hobbies. Maybe you don't see it because it happens in the privacy of their rooms or only with trusted friends. Be alert to



what it is teens really like to do and seem good at. It might be math, science, languages, writing, computers, creating media, art, music, getting along with other people, sports, dance, outdoor activities, sailing, selling – the list is endless. Their future identities are strengthened when they

have positive outlets to express and develop these talents. Giving your teens a chance to discover and develop their talents is a bit tricky and sometimes leads to a dead end, but these efforts can make a life-changing difference.

### *Opportunities to Develop Life Skills*

Educators and parents need to look for opportunities that will allow teens to learn more about their feelings and those of others, how to manage their own strong feelings (often so that they can carry out essential responsibilities), how to set goals and plan (both long and short term), how to work in groups as team players and as leaders, how to build positive relationships with many different kinds of people, how to be thoughtful problem solvers and decision makers, and how to bounce back from roadblocks that they face.



Resilience in youth is a combination of many things. However, their ability to bounce back from difficulty can be enhanced by certain key experiences and supports that have been outlined above. Especially in their teenage years, they will experience emotionally intense setbacks and obstacles along their journey to adulthood. With the right kinds of supports from adults around them, those strong emotions will neither hold them back nor misdirect them. Then, teen aspirations can soar into adult accomplishment.

#### *Sources:*

*Dr. Maurice Elias – Bureau for At-Risk Youth How Adults Can Provide Supports to Foster Youth Resilience. December, 2005*

*Dr. Maurice Elias - Raising Emotionally Intelligent Teenagers: Guiding the Way for Compassionate, Committed, Courageous Adults (RandomHouse/Three Rivers Press, 2002)*

# A Balanced Parenting Style

by Diana Converse, Family Life Faculty

Many parents have been misled into becoming overly “democratic” with their children. What was once a healthy idea – involving children in family discussions and treating them as equal human beings – has evolved for many families into a lopsided family structure. Families can end up with parents who are weak disciplinarians and children who are strong willed, hard-headed and who believe that they have a right to be involved in ALL family decisions - if not the right to make those decisions themselves!



The first step to effective parenting is to understand and implement a hierarchy in your family. Parents are at the top of this pyramid. Decide here

and now that you will be in charge. It is not only your right as a parent, it is your responsibility. Your children need you to parent them effectively and guide them into adulthood. Yes, we should acknowledge our

children’s feelings and respect their opinions, but the bottom-line decisions belong to the parents, and the children must learn to accept this reality.

How do I take charge? First, by expecting your children to cooperate with you.

Your expectation alone will carry weight in the eyes of your children. When you believe yours is a position of authority, you will act differently.



You will come across with an inner strength that will bolster you when guiding your children. *Expecting* your children to cooperate is much different than *wishing* they would.

Your choice of vocabulary is the first method of conveying this principle. Delete from your requests any “wishing” statements and replace them with statements that convey authority.

Wishing statements		Statements of Authority
“Why don’t you throw this in the trash?”	→	“Please put this in the trash.”
“It would be nice if you would put on your pajamas.”	→	“When you put on your pajamas, we’ll read a book.”
“Don’t you think you should come in now?”	→	“It’s time to come in. Please come here.”
“I wish you would pick up your toys.”	→	“What do you want to pick up first, your block or books?”
“Come in the house now, OK? I said. ‘Come in the house,’ OK?”	→	(Action: Parent goes outside and brings child in the house.)

Notice that these statements of authority are not presented as demands, nor are they delivered as threats. They are respectful and polite, but convey the message: “I love you and care about you AND I am the one who’s in charge here”. Once you have changed your vocabulary to convey authority, and backed this up with firm but fair actions, you are on your way to taking control of the parent-child relationship.

Of course, simply changing your words is only the beginning. The next logical steps are to use parenting skills that will let you go about your daily activities with authority and knowledge, and to have a discipline plan.

# Trans Fats Now Required on the Label

Mary A. Keith, PhD, LD, Food, Nutrition and Health Agent

Next time you're shopping, take a closer look at the Nutrition Facts box on the label. There should be a new line, just under the Saturated Fat line, that's labeled Trans Fats. **As of January 1, 2006, food manufacturers are required to state the amount of trans fat per serving in all foods.** The exception is that foods containing less than 0.5 g per serving are allowed to report the amount as 0. These foods are also allowed to claim that they are 'trans fat free'. This requirement includes dietary supplements such as energy bars and nutrition bars.

You should also notice that most of the other lines on the label have an amount, in g (grams) or mg (milligrams), and then a % of the daily diet. However the trans fat line will only have an amount. There is no % of trans fat recommended for a daily intake. **The less of it we eat, the better.**

Why should one kind of fat be required to have a line of its own? Because many trans fats have been linked to disease. Specifically, **diets high in trans fats lead to increases in the 'bad' LDL cholesterol**, and to decreases in the 'good' HDL cholesterol. Both of these changes increase our risk of atherosclerosis and coronary artery disease. Coronary artery disease is the leading cause of death in the US all ready, so we certainly don't want our diets to increase our risk even more.

Smart consumers who were all ready looking for trans fats have been told to simply avoid all foods that list

'partially hydrogenated oil' in the ingredient list. This was only partially true to begin with, and will be even less accurate in the future.

It's true that most trans fats are produced when oils are hydrogenated.

Some are natural.

However, only a very small percentage of the hydrogenated oils are trans fats. Most simply become more saturated fats of the regular type.

As soon as manufacturers knew that they would be required to label the trans fat, they started working on ways to make partially hydrogenated oil with no trans fats. They can change the process so that it doesn't make trans fat, or they can remove the trans fats that are produced. Neither method is cheap, but both are being used.

So, when you see an ingredient list that says partially hydrogenated vegetable oil has been used, but there is no trans fat listed in the label, don't assume that the manufacturer is lying. They are using one of the new procedures.

But don't expect that all foods will soon claim no partially hydrogenated oils. Hydrogenation keeps fat from going rancid. Without partial hydrogenation we wouldn't have chips or crackers, doughnuts or cookies, breads or granola bars unless we went directly to the bakery. Most of us don't have the time for that. So read the label and choose the brand that has the least trans fat.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 260	Calories from Fat 120
% Daily Value*	
<b>Total Fat</b> 13g	<b>20%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 2g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 660mg	<b>28%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 15%	Iron 4%

# Nutrition Information: Fact or Fiction

By Loveda C. Perry, Extension Agent  
Expanded Food & Nutrition Education Program

Now that the New Year is here most of us are trying to gear up and get in shape. That usually means sorting through pages and pages of diet and nutrition information. And of course the media is always there ready to sell you a miracle. No bone about it-it's all so confusing.

When reading or listening to nutrition information always ask yourself-Does it sound too good to be true? If it does, then it is.

In the United States adult spend more than \$30 billion a year on weight loss products. Everywhere you turn is a new gimmick-usually useless-but it's new and or improved.

The old news is not so attractive but it is the only proven information out there. The old news has stood the test of time. Unlike the fad diets that limit some nutrient or another, this information lets you eat variety of foods from all of the groups. Unlike the fad diets that many times end up making you ill this information makes you feel good and full of energy. Unlike the fad diets that cost a lot of money, this information can be followed and still stick to your budget. Unlike the fad diets that usually end up in failure with regaining the weight lost and probably more, this information will help you keep it off and maintain a healthy weight.

No gimmicks or commercials-it's the real thing. Research and time have proven that if you want to lose weight you have to burn more calories than you eat. If you want to maintain weight you have to burn as many calories as you eat.



I'm talking about a balanced diet full of fruits and vegetables and low fat choices. The New MyPyramid provides everyone

with all the information needed to lose or maintain weight. The MyPyramid helps you calculate, based on age and activity level, your approximate calorie level needed to maintain a healthy weight.

If you are overweight then you will lose weight by following the guidelines.



Go to:

<http://www.mypyramid.gov>

To begin finding out your individualized information.

Some important information that you will want to know about yourself:

Body Mass Index or BMI. BMI helps you determine your weight status. To calculate do this equation:

$$\begin{aligned} & \text{Wt in pounds divided by} \\ & (\text{Ht in inches multiplied by Ht in inches}) \\ & = \underline{\hspace{2cm}} \times 703 = \text{BMI} \end{aligned}$$

$$\begin{aligned} & \frac{\text{Wt in Pounds}}{\text{Ht in inches} \times \text{Ht in inches}} \\ & = \underline{\hspace{2cm}} \times 703 = \text{BMI} \end{aligned}$$

Example:

$$\begin{aligned} & \frac{125 \text{ pounds}}{65 \text{ inches} \times 65 \text{ inches} (4225)} \\ & = .0295 \times 703 = 21\% \\ & \text{BMI} = 21\% \end{aligned}$$

So what does this mean?

BMI	Weight Status
Below 18.5	Underweight
18.5-24.9	Normal
25.0-29.9	Overweight
30.0-above	Obese

If you find that you fall into the overweight or obese status you may want to consider

losing weight. If you are underweight you may want to gain some weight. Being overweight or obese can increase risk of certain chronic diseases such as Type II diabetes, Heart disease and some cancers.

The MyPyramid encourages physical activity to help promote and maintain healthy weight loss.

**Sedentary**- less than 30 minutes per day of moderate physical activity.

**Moderately Active**-at least 30 to 60 minutes each day of moderate physical activity.

**Active**-60 or more minutes/day of moderate physical activity.

Moderate activity would include walking, hiking, gardening, dancing, golf, bicycling less than 10 miles/hour or light-weight training.

Vigorous would include running, jogging, bicycling more than 10 miles/hour, swimming laps, aerobics, brisk walking, basketball, heavy yard work and vigorous weight training.

To lose weight 60 minutes or more at least 5 times per week is recommended.

Remember you don't have to do it all at once and you don't have to join expensive clubs or buy expensive equipment or clothing.

A good pair of workout shoes and your comfortable knock around clothes is all you need.



### Good food choices

Vegetables: Choose 2-3 cups each day of fresh, frozen or canned vegetables. Try to include from every color during the week to

ensure intake of essential nutrients.

Example:

Red for tomatoes, Green for spinach, Orange for Carrots, White for potatoes, Purple for Eggplant. Choose vegetables you know you will eat. Don't add sauces or fats. These add additional calories.

Fruits: Choose 2-3 cups each day. Can be fresh, frozen, canned or juice. Fresh has the most fiber but the other is good too. Use only 100% fruit juice.

Remember to limit juice to fruit servings. Juice has calories. Drink water when you are thirsty.

Dairy: Everybody needs 3 cups or servings each day to maintain strong bones. Choose low fat (1% or less) or fat free products. Choose milk, white or flavored, pudding, yogurt, cottage cheese, and frozen yogurt, a slice of cheese or 1 ounce of cheese. Research suggests that including 3 dairy each day helps lose weight.

Meat/Bean: Approximately 4-6 ounces each day. Use beans 2-3 times per week. A serving=3/4 cup cooked beans, this replaces 1 ounce of meat. Choose fish and low fat meat.

Grains: Choose 5-7 ounces each day. 1 ounce=1 serving. For foods such as prepared oatmeal or rice 1/2 cup =1 serving. Choose whole grains, at least half of your grains should be whole grains.

Oils: Use sparingly. Remember these foods are highest in calories and add up quickly.

For more information read further:

MyPyramid.gov

<http://www.eatright.org>

or contact

Hillsborough County Extension Agency at 744-5519 Ext 125 to receive personnel MyPyramid in the mail.

# Use Your Tax Refund to Build Financial Power

Compiled by Lisa Leslie, Hillsborough County Extension Agent

A tax refund provides the opportunity to reach financial goals. Whether it's \$300 or \$3,000, the way you use that money can have a real impact on your personal and financial well-being. Before you file your taxes and spend your refund, try to think through all of your options. The options that are the least glamorous can often give you the most payback.



## Five Smart Uses for Your Tax Refund:

- 1. Pay off bills.**
  - First priority: regular monthly bills if you are behind.
  - Most other debts should be prioritized. Debts with the highest interest rates should be paid off as quickly as possible.
- 2. Save for occasional expenses.**

The bills that come once a year or every few months can cause big problems if you do not have the money ready. On the other hand, paying in full – such as for car insurance -can often mean a big discount.
- 3. Save for essential items.** Put aside money for a household item, such as a refrigerator or air conditioner, that is on the verge of giving out. If you have the money in the bank, you can avoid
- 4. Build your emergency fund.** This is the fund that can keep you from losing your financial power.

Having money saved for emergencies such as loss of a job or unexpected medical expenses can help keep you financially afloat.

## 5. Put money away for long-term savings.

Start saving now for your child's college fund and retirement. If you wait too long, these goals will never become a reality.



### Free Income Tax Filing Help

Did you earn less than \$37,263 in 2005? The Prosperity Campaign of Hillsborough & Pinellas Counties wants to make sure you get back all the money you are entitled to without any hidden fees or costs. Based on your earnings, number of qualifying children, and filing status, you may be eligible for the Earned Income Tax Credit (EITC) of up to \$4,400. You may also be eligible for the Child Tax Credit (CTC) which can equal up to \$1,000 for each qualifying child.

To ensure you receive all the money you are entitled, the Prosperity Campaign's trained volunteers will prepare your tax return for **free**. Open from January 14 to April 15, there are more than 20 free tax preparation and e-file locations throughout Hillsborough County. For the location nearest you, **call 2-1-1** or (813) 234-1234 (from a cell phone).

Hillsborough County Extension Service  
University of Florida  
5339 County Road 579  
Seffner, FL 33584-3334



Non-Profit Org.  
US Postage  
Paid  
Permit No. 15

*January 2006*  
**Family & Consumer Sciences**

**TABLE OF CONTENTS**

- Page 1 & 2 . . . The Resilient Teen by Joe Pergola**
- Page 3 . . . . . A Balanced Parenting Style by Diana Converse**
- Page 4 . . . . . Trans Fats Now Required On the Label by Mary A. Keith**
- Page 5 & 6 . . . Nutrition Information: Fact or Fiction by Loveda C. Perry**
- Page 7 . . . . . Use Your Tax Refund to Build Financial Power by Lisa Leslie**

Hillsborough County Extension is a cooperative service of the Hillsborough County Board of County Commissioners and the University of Florida. The Institute of Food and Agricultural Sciences is an Equal Employment Opportunity - Affirmative Action Employer authorized to provide research, educational information and other services only to individuals and institutions that function without regard to race, color, sex, age handicap or national origin. COOPERATIVE EXTENSION WORK IN AGRICULTURAL, HOME ECONOMICS, STATE OF FLORIDA, IFAS, UNIVERSITY OF FLORIDA, U.S. DEPARTMENT OF AGRICULTURE, AND BOARD OF COUNTY COMMISSIONERS COOPERATING.

Any trade names mentioned in the publication are provided solely for information purposes. The Cooperative Extension Service does not endorse or guarantee the standard of the product, nor does it wish to discriminate against any products of similar nature.

*Mary E. Chernesky*  
MARY E. CHERNESKY, EAIV, MS  
County Extension Director

*Diana Converse*  
DIANA CONVERSE, EAIV, MS  
Family Life Education

*Mary A. Keith*  
MARY A. KEITH, EAII, PhD, LD  
Food, Nutrition & Health

*Lisa Leslie*  
LISA LESLIE, EAII  
Home Environment

*Joe Pergola*  
JOE PERGOLA, EAIV, MS  
Intergenerational & Elder Issues

*Loveda C. Perry*  
LOVEDA PERRY, EAI, MS, RD, LD  
Expanded Food & Nutrition Education Progr.