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Institute of Food and Agricultural Sciences

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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/>

September 2006

Conduct Disorder

Diana Converse, Family Life

Every child has a bad day now and then. Some children may even have a terrible day, including running away or stealing. What child hasn't had a display of bad behavior or poor judgment at least once during their childhood?

Children with Conduct Disorder, however *consistently* break rules, often act in aggressive or threatening ways, and may destroy property. They often view the world as a hostile and threatening place. They may be quick to mistakenly believe that others are acting aggressively or hostile toward them.



Conduct Disorder is a childhood behavior disorder characterized by a consistent pattern of violating the basic rights of others

or violating major accepted rules or standards of behavior.

Children with Conduct Disorder often have difficulty making and keeping friends. When the child doesn't show remorse or guilt over their actions, friends and family members become upset and irritated with the child. Although their behavior may make them appear self-assured, tough or even "cocky," these children often have low self-esteem.

Children with conduct disorder are also at high risk for school and work problems. They have trouble with schoolwork and difficulties in getting along with others. They are also more vulnerable to early sexual activity, teenage pregnancy, and sexually-transmitted diseases.

Boys are more likely to be diagnosed with Conduct Disorder than girls. Boys are also more likely to show aggressive behavior, threats,

and vandalism. Girls with Conduct Disorder are more likely to lie, skip school, run away, and shop-lift.

Typically children are in their late grade school to early high school years when they are diagnosed with Conduct Disorder. However, children as young as 5 years old can be diagnosed. A majority of children stop showing behaviors by the time they reach adulthood, although some continue to have similar problems through adulthood.

A child must show a pattern of behaviors for at least a year before the diagnosis can be considered. Signs of Conduct Disorder include:

Aggression to people

- Bullies, threatens, intimidates, fights with others.
- Uses weapons.
- Physically cruel to people, hurting others on purpose, torturing siblings, peers.
- Cruel to animal; torturing.
- Has stolen in an aggressive way (mugging, extortion, armed robbery, purse snatching.)
- Has forced someone into sexual activity.

Destruction of Property

- Has started fires intending to destroy
- Deliberately destroyed others' property in other ways

Deceitfulness or Theft

- Has broken into someone's house, building, car.
- Lies, cons or cheats.
- Stealing shoplifting, forgery.
- Disobeys curfews
- Has run away from home overnight
- Skips school before age 13.



A diagnosis of Conduct Disorder can only be made by a mental health professional that has been specifically trained in the assessment and treatment of this disorder.

Source: Conduct Disorder, by Garret D. Evans, Psy.D. University of Florida Extension. This publication can be found at: <http://edis.ifas.ufl.edu/HE136>

Responding to Change

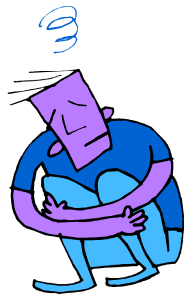
By Joe Pergola, Regional Family Life Extension Faculty

Typically, we experience four phases of transition when dealing with major changes in our life.

1. Denial

The first response to a significant or unexpected change is often shock – a general refusal to recognize the information. In this way we protect ourselves from being overwhelmed. Common responses include:

- Denying: “This can’t be happening.”
- Ignoring: “Wait till it blows over.”
- Minimizing: “It just needs a few minor adjustments.”



It is possible to continue working in the denial phase, but sooner or later the impact hits home and a personal response is required.

2. Resistance

In this phase, things often seem to get worse. Personal distress levels rise. It is common to spend time looking for someone or something to blame or complaining about a new organization. You may become physically ill; feel all sorts of physical, emotional, and/or mental symptoms. You may even doubt your ability to survive the change. In this phase, you are mourning the past more than preparing for the future. Many people want to avoid the situation or pretend it is not happening, sometimes by moving *back* into denial. But by acknowledging your feelings at this stage you are ready to move more quickly to next phase.



3. Exploration

After a period of struggle, individuals and organizations usually emerge from their negativity, breathe a sigh of relief, and shift into a more positive, hopeful, future-focused phase. People realize they are going to make it through O.K. It can be as subtle as just feeling better or as obvious as sleeping through the night for the first time since the change started. The timing is different for each person, but you’ll know when it happens to you.



New directions do not emerge all at once. Rather, what emerges first is the energy to put a search into action. You begin to discover and explore new ways. You start clarifying goals, assessing resources, exploring alternatives, and experimenting with new possibilities. You feel motivated to swing into action without trying first to find “the right way.” You should resist completing the exploration phase too soon by accepting something less than your capabilities. This is a period of high energy. Your creativity will be at its peak.

4. Commitment

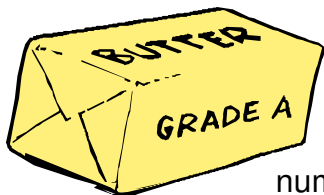
Finally, the individual has broken through the problems, discovered new ways of doing things and/or adapted to the new situation. The commitment phase begins when you focus on a new course of action. This could be a new way of doing a job or finding a new job. When you have successfully committed yourself to a new course of action, there has been growth and adaptation.



Source: *Managing Personal Change*. Cynthia D. Scott, Ph.D., M.P.H. and Dennis T. Jaffe, Ph.D. 1989 pg. 28-29

Why Some Fats Are Special

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



We used to think that fat was either hard (butter, lard) or liquid (oil). They all give us the same

number of calories, so we would do well to reduce the amount of any of them that we eat. But in addition to that, now we are worrying about whether one certain kind of liquid or solid is better for us than another. What are the choices?

The hard ones are mostly saturated. The liquid ones are mostly unsaturated. Unsaturated fats can be mono-(once) or poly- (several times) unsaturated. Within the poly-unsaturated fat group there are omega-3 and omega-6 fats. All these names help describe the shapes of the individual sizes of fat molecules.

Saturated fats are what our livers use to make cholesterol. So it is smart to reduce the amount of saturated fats that we eat.

Olive and canola oils have more mono-unsaturated fats. Other oils are more poly-unsaturated. You can't tell by looking whether you have a bottle of corn or canola oil. But it turns out these don't all work alike in our bodies either.

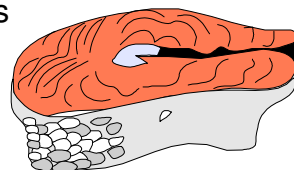


Our bodies use oils to make some hormones, including the ones that promote and/or decrease inflammation. Inflammation is responsible for the red, hot, hard reaction around a bee sting. It's also part of the beginning of some cancers, and influences where cholesterol starts to stick inside our arteries.

In general our American diet has much more omega-6 than omega-3. Omega-6 fats are the type the body uses to increase inflammation. The more of those we eat, the easier it is for parts of our bodies to become inflamed.

Omega-3 fats are the ones that help to decrease or stop inflammation. Omega-3 fats are found in fatty fish such as albacore, salmon and mackerel. These are the fats that are most helpful in protecting us from heart disease.

There are also omega-3 fats in plants. Flaxseed is probably the most popular source, but walnuts and other nuts also have some. Many people prefer to eat seeds instead of fish. However, the type of omega-3s made by plants do not provide the same heart protection as those from fish. And our bodies only change a very small amount of plant omega-3 into the fish-type omega-3s.



A healthy recommendation is to try to eat fish several times a week. Fish oil capsules don't seem to have the same effect as eating fish. At this time, it appears that the mostly mono-unsaturated olive and canola oils are the best to use for cooking and salads.

In addition olive oil, especially extra-virgin, has something that looks very much like the ingredient in ibuprofen, so it also acts like an anti-inflammatory. It can help reduce inflammation in our arteries and reduce the pain of arthritic joints.

Finally, the type of fat we should all avoid is trans-fat. It's most closely associated with heart disease, high cholesterol levels, and some types of cancer. All food labels have to report the amount of trans fats in the food. Try to eat as little of this one as possible.

A Plan for Financial Freedom

By Lisa Leslie, Hillsborough County Extension Agent

Financial freedom is achievable even at moderate income levels. The key to financial success is not your income level. The critical factor is developing and following a financial plan that fits your situation. Sure, a high paying job can make financial choices less challenging. But it does not guarantee financial freedom. In fact, many people with high incomes and no realistic financial plan find themselves deeply in debt.



Developing a spending plan gives you an opportunity to take a realistic look at your financial situation. Is your income greater than your expenses? Living within your means is a critical part of financial freedom. If you find your expenses are more than your income or you are just breaking even, you need to make some decisions.

A big step toward financial freedom is to eliminate revolving credit card debt, high interest installment loans, and any payday loan debts. Your financial plan should include a strategy to pay off these debts as quickly as possible. Eliminating these debts will save you many dollars in interest charges. This will mean less of your income will be lost on interest charges. It's almost like a boost in pay!



Do not be intimidated by the idea of developing a financial plan. You can start by examining your expenses. The only tools you need to get started are a simple calculator, a calendar, and a piece of paper. The first step is to develop a monthly budget. Eventually, you are going to want to consider your yearly expenses. But start one step at a time.

Your monthly budget should include all the items that cost money. This includes regular monthly bills such as a mortgage, utilities, car payments, and insurance. The tricky part is remembering to include expenses that do not come as a monthly bill. Fast food, coffee from a convenience store, movie rentals, lottery tickets, and personal hygiene products are among the many items that are forgotten when developing a monthly plan. Spending big dollars on small low value items can prevent you from accomplishing more meaningful financial goals. So start keeping a daily record of how much you spend on miscellaneous items.



Another big step towards financial freedom is setting aside money for emergencies and future needs. Start by making a list of all your expenses for the coming year. Include items such as car insurance, income taxes, household repairs, school expenses, holidays, vacations, etc. Divide the total by twelve and start setting aside the total amount needed each month. This will enable you to avoid high interest loans. Also try to set aside money for emergencies. The rule of thumb is to have at least enough money in your emergency fund to cover three months' worth of expenses.



Start planning your financial freedom today! The money you save will make life easier.

Hillsborough County Extension
5339 County Road 579
Seffner, FL 33584
(813) 744-5519 x 142
strangel@hillsboroughcounty.org

Lisa Strange
FYN Community Association Outreach Coordinator
(813) 744-5519 x 142

July 31, 2006

Press Release

Help Available to Make Community Association Landscapes Florida-Friendly!

Community associations and managers have a new resource for making landscapes Florida-friendly.

Horticulturist Lisa Strange has been hired by the University of Florida's Extension Service to provide Florida-friendly landscape information to managers and associations of community properties in Hillsborough and Polk Counties. The information is based on the Florida Yards & Neighborhoods Program of the University of Florida's Institute of Food and Agricultural Sciences' (IFAS) nine Florida-friendly landscaping principles. Incorporation of the nine principles can reduce outdoor water use, protect water quality and enhance the health and beauty of properties.

To find out more about this program, contact Lisa Strange, FYN Community Association Coordinator at (813) 744-5519 x 142 or visit the website, http://hillsborough_fyn.ifas.ufl.edu.

The program is a partnership between the University of Florida/IFAS Extension and the Southwest Florida Water Management District.

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



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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

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