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BOSTON UNIVERSITY PSYCHOLOGY DEPARTMENT

FAMILIES' AND CHILDREN'S ADJUSTMENT STUDY

Study Update by Rosalie Flores, Master's Student

Greetings everyone!

I hope all of you are as excited about Spring as I am! It's my favorite time of year; it's a time of rebirth, rejuvenation, and re-awakening from this cold winter gloom.

In light of this, I wanted to bring up the topic of change. If you are like me, you've been hearing a lot about "change" lately. Our new president has encouraged us all to help one another make needed improvements in our communities. As you may recall, Obama himself took advantage of the MLK Day of Service by visiting veterans in the hospital, painting walls at a teen homeless shelter, and dropping by a high school where students had organized a letter-writing campaign for the troops that were overseas.

As Spring Break and summer vacation approach, I urge you all to think about how you can best use your free time to create change in your neighborhood.

Volunteering is not just good for the people you are helping. Did you know that youth who volunteer have been shown to:

- ◆ Improve in academic achievement, have decreased drop-out rates, and set more academic and occupational goals for themselves (Study on disadvantaged and at-risk youth)
- ◆ Develop in areas of personal growth, empathy for others, self-perception, and self-exploration.
- ◆ Learn positive work values and the importance of community involvement.

One of the great things

about volunteering is that anyone can do it. Get a group of your friends together to volunteer with you, or make it a family activity! To help you get started, we have included some suggestions of fun local events that you can get involved in:

- ◆ Earth Day Charles River Cleanup (Sat., 4/25) All ages are welcome at this free event. For info, call (781) 788-0007 x 30.
- ◆ Walk for Hunger (Sun., 5/3) All ages can step out and help raise money for local food banks, pantries, and soup kitchens by collecting pledges and walking. For info: (617) 723-5000 or projectbread.org
- ◆ Dresses for a Cure (Sat. 3/28 & Sat. 4/4) Need a new dress for Easter? Have an upcoming dance or wedding to go to? Buy a dress (all \$20) and proceeds go to UMass Memorial Foundation's Walk to Cure Cancer. For info, call (617) 792-5969

For more information about available volunteer opportunities for youth, check out these web sites:

- ◆ BostonYouthZone.com (click on the Volunteer link)
- ◆ VolunteerSolutions.org
- ◆ BostonCares.org



- ◆ If you have any ideas for things to include in our next newsletter (recipes, activities, etc.) email us at families@bu.edu
- ◆ If there have been any changes in your contact information, please let us know as soon as you can. You can call us at 617-358-2246 or email us at families@bu.edu

GET OUT AND GET ACTIVE!

With longer days and warmer weather, enjoy plenty of fun activities around Boston this Spring!

Farmer's Markets: Great Food and Fun!

Also, see Cook's Corner (pg. 3) for recipe ideas!



www.massfarmersmarkets.org

Market	Day	Time	Season
Boston City Hall Plaza (Government Center)	M/W	11-6	May 28- Nov. 26
Boston Copley Square (along St. James Ave.)	Tue/F	11-6	May 20- Nov. 25
Cambridge/Charles Square	F/Sun	F: 12-6 S: 10-3	May 18- Nov. 23

Venture into the Great Outdoors!

Boston Harbor Islands National Park Area

- ◆ Boston's newest national park!
- ◆ A place to relax, hike, explore, camp, swim, or picnic
- ◆ Per-night camp fee for a campsite (1-4 people): \$8
- ◆ www.bostonislands.org



Rocky Woods

- ◆ Dog walking permitted with permit and mountain biking
- ◆ 30 minutes away from Boston
- ◆ Nonmembers \$4, children under 12 free
- ◆ www.thetrustees.org/pages/361_rocky_woods.cfm

Charles River Peninsula

- ◆ Scenic paddling along the Charles River and hiking
- ◆ Open all year round
- ◆ Free for all!
- ◆ www.thetrustees.org/pages/289_Charles_river_peninsula.cfm

Have a Museum Day ...For Free!

Harvard Museum of Natural History

- ⇒ (617) 495-3045
- ⇒ Free every Wed. 3-5 pm and every Sun. 9 am-12 pm

Family Activities Around Boston!

Earth Day Celebration

- * Sun., 4/26 from 11am-3pm
- * Franklin Park: Franklin Park Zoo
- * Spice up your Spring Break by visiting the Zoos during April school vacation week, and learn tips on how to preserve the planet!
- * Call (617)-541-5466

as the race winds through Dedham, Needham, Newton, Wellesley, Waltham, and Boston to the free day-long Finish Line Festival at Herter Park, Soldiers Field Rd., Brighton.

Swan Boats

- * April through Labor Day
- * Public Garden
- * \$2.75 (\$1.25 for ages 2-15)

Run of the Charles Canoe and Kayak Race

- * Sun., 4/26 from 10am to 5pm
- * Professional, amateur, and recreational canoe and kayak races. Spectators line the River

Jimmy Fund Scooper Bowl 2009

- * Tues., 6/9 at 9am
- * Boston City Hall Plaza
- * The nation's largest all-you-can-eat ice cream festival!
- * Call (617)-632-5008

Isabella Stewart Gardner Museum

- ⇒ (617) 566-1401
- ⇒ Free under 18 yrs with parent or guardian
- ⇒ Girls with the first name "Isabella" are allowed in free for life!

Museum Pass Program

- ⇒ (617) 536-5400 or www.bpl.org
- ⇒ Boston Public Library has passes that offer free or reduced admission to many museums (ex: Museum of Science and New England Aquarium)



COOK'S CORNER

Planning your own picnic

Getting Started

- Choose a strong basket
- Bring a cooler for perishable items
- Pack plastic utensils, paper plates, paper towels, and napkins
- Find a blanket or a sheet to spread the whole thing on
- Recycle plastic bags to use as garbage bags
- Bring hand sanitizer to use especially after a hike
- Throw in a frisbee, beach ball, and a camera!
- Check the weather beforehand



Food/ Beverages

- Visit farmer's markets to purchase fresh food (see pg. 2)
- Beverages- water bottles and juice boxes
- Condiments, such as, ketchup, mustard, and mayonnaise
- Salt and pepper packets

Choosing a Venue

- Select a safe location with shade
- Suggestions: Boston Commons, along the Charles River, or The Boston Harbor Islands National Park (see pg. 2)

Dips for Chips

(www.realsimple.com)

Guacamole

- 2 ripe Hass avacados
- 3 scallions, finely chopped
- 1 jalapeño, minced but not seeded
- 1 tomato, coarsely chopped
- juice of 1 1/2 limes
- 1/2 teaspoon salt

Scoop the avocado pulp into a medium bowl. Add the other ingredients and mash with a fork until combined but still chunky. Spoon into a serving dish. Serves 6.

Salsa

- 2 yellow or orange tomatoes, coarsely chopped
- 1 small white onion, minced
- juice of 1 lime
- 2 tablespoons chopped fresh cilantro
- 1/2 teaspoon salt
- dash of cayenne pepper

Add all the ingredients to a medium bowl. Toss to combine. Spoon into a serving dish and set aside for 15 minutes to blend flavors.



SUGGESTED READING LIST

1. *The Absolutely True Story of a Part-Time Indian* by Sherman Alexie

In his first book for young adults — a finalist for the National Book Award — bestselling author Alexie tells the story of Junior, an aspiring cartoonist growing up on the Spokane Indian Reservation. Determined to take his future into his own hands, Junior leaves his troubled school on the reservation to attend an all-white farm town high school where the only other Indian is the school mascot.

2. *Brave New World* by Aldous Huxley

In this book, the author conjures up a horrifying, but often comic vision of a future Utopia in which humans are processed, conditioned, regimented, and drugged into total social conformity.

3. *The Five People You Meet in Heaven* by Mitch Albom

A wounded war veteran who is killed in a tragic accident soon discovers that heaven isn't merely a destination but a place where five people help the deceased understand the significance and value of their life on earth.

4. *Holes* by Louis Sachar

Stanley Yelnats is unjustly sent to Camp Green Lake where he and other boys are sentenced to dig holes to build character. Stanley learns the warden has them digging holes for something else—but what? www.teenreads.com

SUGGESTED RESOURCES

It's My Life <http://pbskids.org/itsmylife/index.html> From friends to family, advice to games, this web site has a lot to offer any young person!

Guys Read <http://guysread.com/> A funny web site that helps guys find good books to read.

Boy's Life <http://boyslife.org/> Learn how to build an igloo, get video game reviews, and read a joke of the day...all on one web site!

SciGirls <http://www.scigirls.org/> Soon to be a new show on PBS, this web site is for ladies who like that "lab coat" look (a.k.a. girls who are interested in science).

Teen Voices <http://www.teenvoices.com/> A positive female mag written for teens by teens. Articles discuss everything from media influences to dealing with gossip.

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