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BOSTON UNIVERSITY PSYCHOLOGY DEPARTMENT

FAMILIES' AND CHILDREN'S ADJUSTMENT STUDY

Study Update by Claudette Pierre, Ph.D, Co-Investigator & Project Director

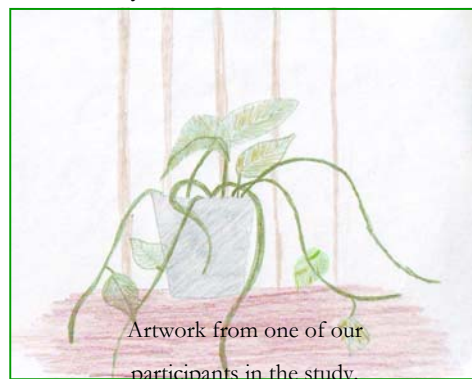
Hello to all of you from our lab here at Boston University. We are all hoping that you are looking forward to having some time to relax this summer from your busy schedules. We are sure that your sons and daughters are glad that summer is here!

We continue to work hard at the follow-up data collection process. For us things have slowed down a bit this summer and most of us, too, will be taking a break at some point during the summer. We are welcoming back our wonderful research assistant, Priscilla Chan, into our doctoral program in the Fall and we will also have another new graduate student, Ruth Craig, begin in our lab in August. Many of you will have the opportunity to meet Ruth during your follow up evaluations.

We want to take a moment to tell you how impressed we are by the physical and emotional growth in the young women and men in our study. As everyone moves toward or into

adolescence there are many changes that we see occurring.

This is such a wonderful time of both inner and outer development. Needless to say there are many changes going on inside of you but there are also important changes going on in terms of how you see the world.



We encourage you to become actively involved in your community as a great way to develop your leadership skills – and to take charge of creating the type of world that you want to live in. Development of these leadership skills will serve you well as you become an adult and take more control of your life and the direction of your external world.

We wish you all a wonderful summer!



- If there have been any changes in your contact information, please let us know as soon as you can by calling us at 617-358-2246 or emailing us at families@bu.edu
- Go to our website (www.bu.edu/families) for more information about our study and our lab
- Let us know if you have any ideas for our next newsletter!

Green Living

Summer is a great time to start fresh and help our environment! Here are some easy ways in which you and your family can "Go Green and Save Green." For more information or ideas, check out www.worldwatch.org

Re-route your commute

- ⇒ Walk or bike to work and save money on gas and parking while improving your cardiovascular health and reducing your risk of obesity.
- ⇒ If you live far from your office, investigate the option of telecommuting or carpooling if you live far from your school.

Buy local

- ⇒ Shop at your local farmers' market. Though the offerings can be more expensive, you can generally count on a higher quality product—and the entire purchase goes directly to the farmer. Buying any goods produced locally saves energy by reducing fossil fuels needed to transport food and other items across the country and around the globe.
- ⇒ When buying groceries, bring your own reusable bag instead of wasting paper or plastic ones.

Compost your food scraps

- ⇒ Composting helps reduce the

amount of waste you send to the landfill, which can save you money if you live in a municipality with a "pay as you throw" system. In the process, you create free, healthy fertilizer for your garden (or your neighbor's—or lobby for a community garden!)

Change the thermostat setting and turn off lights

- ⇒ Setting your thermostat a few degrees lower in the winter and a few degrees higher in the summer can translate to substantial savings on your utility bill.
- ⇒ Wash clothes in cold water whenever possible and use a drying rack or clothesline.
- ⇒ When incandescent bulbs burn out, replace them with longer-lasting, low-energy compact fluorescent bulbs. Remember to also turn off lights that you aren't using!



Skip the bottled water

- ⇒ Filter your tap water for drinking rather than using bottle water.

Not only is bottled water more expensive, but it produces large amounts of container waste.

Make your own cleaning supplies

- ⇒ Using simple ingredients such as baking soda, soap, and vinegar, you can make cheap, easy, and non-toxic cleaning products that really work! Save time, money, and your indoor air quality.
- ⇒ Clean your house with reusable microfiber towels instead of paper towels. You'll be saving more trees and you can easily wash and re-use your own!

Use your local library and other public amenities

- ⇒ Borrowing from libraries, instead of buying personal books or movies, saves money and printing resources.
- ⇒ Be an active civic participant and ensure that the public spaces and facilities in your town are well maintained. This will promote a healthy, sustainable community.

For the Young People in our study:



Adolescence is a time for growing and learning the skills you need to face any situation in life. Here are two programs you can join where you can learn these skills and meet new people:

Boys and Girls Club of Boston A variety of programs that support the educational, emotional, physical, and social development of youth, without regard to social, racial, ethnic, or religious background. Locations in Charlestown, Chelsea, Dorchester, Mattapan, Roslindale, Roxbury, and South Boston (www.bgcb.org)

Massachusetts 4-H Programs for boys and girls from 5-18 years of age focused on community service, character and leadership development, skill development in science and technology, and life and work skills. (www.mass4h.org)

Boston's Best Beaches

more beaches, information, and descriptions at www.theinsider.com



BEST OVERALL :: Crane Beach :: Argilla Road, Ipswich (978)-356-4354 :: Admission is half-price when entering after 3:00 PM. Open 8 am to sunset. Nestled in the northern suburb of Ipswich, Crane Beach (referred to by those in the know as Crane's) is definitely one of the most magnificent beaches in the area. Lifeguards are on duty from Memorial Day to Labor Day. Crane Beach is a 45-minute drive (about 30 miles) from Boston. To get there, take the Tobin/Mystic Bridge to Route 1 North. Take Route 1 to Route 128 North, and follow that highway to Route 1A North 9 (Exit 20). After Route 133 turns off on the right, take the third right, onto Argilla Road. Crane Beach is two and a half miles down the road.

BEST FAMILY BEACH :: Wingaersheek Beach :: Gloucester ::

A small, scenic cove of dunes at the mouth of the Annisquam River, Wingaersheek Beach is a relatively safe, manageable place to take young children. Wingaersheek's major disadvantage is its small parking lot, which fills quickly. In the summer, plan to arrive before 9:30 AM or you may have difficulty finding a parking spot. To get to Wingaersheek, take the Tobin/Mystic Bridge to

Route 1 North. Take Route 1 North to Route 128 North. Take Exit 13 to Atlantic Street, which leads to the beach entrance.

BEST PEOPLE WATCHING :: Nantasket Beach :: Hull (781) 925-4905 :: Nantasket has the double advantage of being within a stone's throw of Boston and having more local points of interest than almost any other area shoreline. Hull also has a miniature golf course, a lifesaving museum, an arcade, and an art gallery. About half an hour from downtown Boston, Nantasket is one of the easiest beaches in the area to find. By car, take I-93 South to Route 3 South. Follow Route 3 to Route 228. You can also take the [MBTA](#) to Nantasket: ride the red line to Quincy and then take the Nantasket bus to the beach.



Summertime Treats

Zesty Drinks marthastewart.com

Dilute 1/2 cup agave nectar (or 1/3 cup honey) in 1 cup very hot water and set aside to cool. In a pitcher or a large mason jar, combine 1 cup fresh lemon juice with 4 cups cold water, then stir in the agave or honey water to sweeten.

Want to boost nutrition and add zing to the flavor? Try one of these healthy add-ins:

Berry Best Stir or shake in 1 cup pureed strawberries for vitamin C, folic acid, and fiber.

Go Herbal To stimulate digestion, mash or crush 4 tablespoons of

chopped fresh rosemary and mix in, or steep 1/4 cup minced or grated fresh ginger in the agave water before adding it to the lemonade.

Green Tea Time Replace 3 cups of the cold water with 3 cups of this brewed, chilled antioxidant drink.

Sensational Slush kidsdomain.com

Fill a small yoghurt container 2/3 full with juice or pop. Cap with lid and place in freezer for 1 1/2 hours. Then, mix with fork every 1/2 hour or so until to desired consistency.



A special thanks to all those who helped make this newsletter: Martha Thompson (Principal Investigator), Claudette Pierre (Project Director), Kathyrn Dingman Boger, James McKowen, Rachel Freed, Annette Mankus, Amelia McGowan, Corey Smetana, Shivani Trivedi, and Kerri Dolan. Editor: Priscilla Chan.

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