



PALS NEWSLETTER

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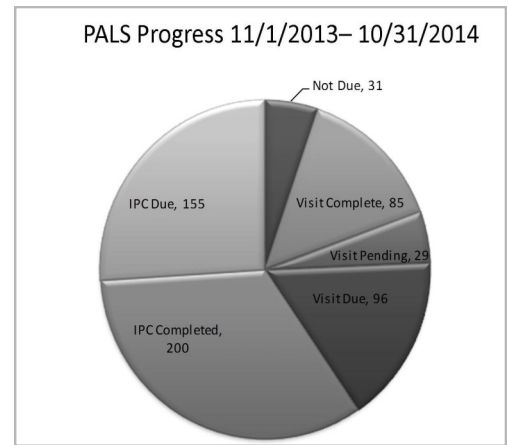
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Study Update ~ August, 2014 marks the 15th anniversary of the PALS Study. Since August 1999, 644 young adult participants have been enrolled in the study (40 of these in the past since March, 2012 when we reopened enrollment). To date, 598 of the 644 enrolled remain as active participants, or 93%.

Our work year, or data collection “wave” runs from November 1st – October 31st. For the current wave, we proposed to either interview or complete telephone contact with 90% of the enrolled young adult participants. Of the young adults—181 who are eligible for a visit this wave, 85, or 47% have been completed and another 29 are pending (visits have been scheduled or questionnaires have been mailed out to the participant). We have completed 200 of the 355 interim phone contacts (IPCs) proposed for the year, or 56%.

New Reporters:

Beginning in March, 2014, with the young adult’s permission, we began inviting other important people in their life to participate in PALS. As it turns out, quite a bit of research has found that multiple perspectives are important in describing what people are like. We are each experts about our own feelings, of course, but it’s hard for us to know how we come across to other people. That’s why, in many research studies, additional people are asked to provide their opinion about the person in the study. At the participating young adult’s interview, we ask them to provide the names and contact information for a romantic partner and a close friend. We contact these people and invite them to complete a few brief questionnaires remotely via computer. So far, this has gone well- both our young adult participants and their friends/partners have been very gracious about supporting this new effort, something that will ultimately make the study stronger. Since we began this new process, almost all of the young adults we have interviewed have given permission for us to contact a friend/partner. We have requested information from 57 friends/partners, and to date, received questionnaires back from 23 of them. Friends are paid \$20 for participating and romantic partners, who have a few extra questions to answer, are paid \$25.



PALS Scheduling Line
(412) 246-5656

Visit our Website
www.youthandfamilyresearch.com



Jason Duin Celebrates 15 years!

One of the great things the PALS Study has going for it is staff longevity. Jason Duin has been an interviewer for the study since we first began in 1999. We recently celebrated Jason’s 15th anniversary with the study with a lunch and a brand new, personalized bowling shirt! Thanks, Jason for your many contributions to PALS.

8 Strategies for Picking Your Next Apartment

Looking for a new apartment should be very exciting but it can also be stressful and scary. If you are planning on moving soon we have compiled a list of strategies that will help the process be smooth! We hope these strategies help you in your search for a new apartment! However at our lab website, www.youthandfamilyresearch.com, we have more resources that go beyond the strategies listed below. **All you need to do is go to the Community resource tab on the main page and select Rental Resources.**

Strategy 1: Get excited! Whether your are moving out of your parent's house, moving out of an apartment with roommates into you very own apartment or moving because your rent went up, being excited about moving makes the whole process better.

Strategy 2: Find out how much money you **should** be spending on rent. If you are like most Americans you probably have some debt, most likely from student loans. When moving into a new apartment the last thing you want to do is sign a lease for an apartment that is too much money, making it hard to pay off existing obligations. There are several online calculators that factor in how much money you make to figure out how much money you should spend on rent. Our lab website, www.youthandfamilyresearch.com, has a new rental resource page that can take you to three different websites that can help you figure out how much you should be spending. Two even let you factor in potential roommates.

Strategy 3: Figure out where you want to live and what the average rent is. Talk to your friends, family, friends of friends, talk to anyone that lives in the area you are thinking of moving to. Once you have an idea of where you want to live start to check online for rentals. Craigslist is a great place to start, but there are several other websites that are helpful (for a list of websites start at the rental resource page at www.youthandfamilyresearch.com). Keep in mind that rental prices can change drastically from one area to the next, especially in Pittsburgh. Proximity to shopping and restaurants will increase the price. You also may need to factor in extra money for off street parking or residential parking permit and proximity to the bus-line.



Reason to expand in different neighborhoods: A one bedroom apartment with a den, in the heart of Shadyside, Negley is \$1500 a month. A residential street parking permit is \$20 a year and off street parking is \$80 extra a month. The apartment is pricey but it's close to Walnut Street and is right on the bus-line and is only about a 12 minute bus ride to Oakland. However a two bedroom apartment in Friendship, is \$850 month. The apartment is only one mile from the apartment in Shadyside and still on the bus-line but it takes about 30 minutes to get to Oakland. It's further away from Walnut Street but still close to some restaurants on Penn Ave. Also in Friendship there is free street parking.

Strategy 4: DON'T forget about utilities and extra costs! After you have found the perfect neighborhood, weighing in parking and rental price don't forget about extra costs. Some apartments include all utilities while some include none. If you are on a tight budget make sure your heat is included in your rent. Whether your heat is gas or electric, it can get expensive in the winter. While most rental companies include all utilities except electric, privately owned rentals vary. Before you see an apartment ask about the utilities so that you don't look at an apartment that will be out of your budget come January and February. Also remember that internet and cable are not included in 'utilities' and can easily add an extra \$50 a month. Also, landlords usually require first months rent and a security deposit AND sometimes last months rent too. Lastly, don't forget about renter's insurance, it's only about \$10 a month but something every renter should have.



Strategy 5: When looking at apartments bring along a friend and take pictures. Friends can help point out things about an apartment you may overlook. Also, if you are checking out a privately owned property it's always a good idea not go alone.

Strategy 6: Read over your lease thoroughly. Different rental companies state in their lease that they can enter your apartment at any time instead giving 24 hours notice like most companies. Also look for reviews about your rental company or landlord online first. You may find reviews from past tenants that might make you change your mind about the lease you were about to sign.



Strategy 7: When you sign your lease make sure you have a copy and that any changes that were made were done so on both copies. Sometimes a landlord will agree to fixing things before you move in, just make sure you have those requests are in writing.

Strategy 8: Take pictures of your apartment before you move in. Taking before pictures will help when you move out and want your security deposit back.

Lacy Blazetic, PALS/ACE Interviewer

Generations Across the PALS Study

Between our parent and young adult participants, PALS represents three distinct generations: Baby Boomer, Gen Xers, and Millennials. How closely do you fit your generations profile?

	Baby Boomer	Generation X	Millennial
Current Age	50-68	38-49	16-37
Number currently in the US	76 million	51 million	75 million
% White	72%	61%	57%
% Married at age 18-32	48%	36%	26%
% Religiously unaffiliated	16%	21%	29%
% with HS diploma or less at age 25-32	54%	46%	37%
% would rather have a bigger government with more services	32%	43%	53%
% considers themselves "a patriotic person"	75%	64%	49%
% who favor allowing gays and lesbians to marry	48%	55%	68%
% have shared a "selfie" on social media	9%	24%	55%
Median number of Facebook friends	98 (ages 49-57 only)	200	250
% saying their generation is unique	58%	49%	61%
% not confident have enough money for retirement	40%	44%	35%

BABY BOOMERS

The rock and roll and TV generation grew up in a time of dramatic social change- the antiwar, civil rights and feminist movements.
Cohort 1 (born 1946-1955), epitomized the cultural change of the sixties, by nature experimental, individualism, free spirited, social cause oriented
Cohort 2 (born 1956-1964), memorable events included Watergate, oil embargo and gasoline shortages, by nature less optimistic, distrustful of government

GEN Xers

The MTV generation- grew up with music videos, new wave, punk and grunge
 Educated, active, balanced, family-oriented and happy
You Know You're a Gen-Xer If...
 You own a pair of Doc Martins
 You still catch yourself saying "like, whatever" sometimes
 You've seen "Slackers," "Singles," "Reality Bites," and "Clerks"
 You can speak authoritatively about the films of John Hughes
 You rocked at games like "Asteroids," "Pac-Man," and "Joust"

Millennials

The digital generation
 Characteristics still being defined, more racially diverse, politically and socially liberal
 Challenging economic prospects due to late-2000s recession-
 Some delay rites of passage into adulthood, marrying later, living with parents longer for economic reasons or to avoid mistakes their parents made (high divorce rate)
 Higher use of technology and social media- first generation to grow up with the internet

Find out how "Millennial" you are with this quiz:
<http://www.pewresearch.org/quiz/how-millennial-are-you/>



Sources: Longitudinal Study of American Youth; Pew Research Center 2014 Survey

Pittsburgh Fall Events

Leaves turn. Sunsets linger. Pumpkins ripen for carving. Feel the cool winds of Pittsburgh and its Countryside urging you to get outdoors this fall and enjoy. From hiking and biking on hundreds of miles of wooded trails, to kayaking and canoeing on rivers or boating on pristine lakes, Pittsburgh boasts nine counties – all fun. Below are just a few possibilities.



Put on your hiking shoes and visit [McConnells Mill State Park](#) in Lawrence County. Situated on the spectacular Slippery Rock Creek Gorge, this national natural landmark features an 1800s gristmill that is open for tours.

Head along the [Greene River Trail](#) in Greene County and pass through an old mine complex. Take a self-guided driving tour of the seven covered bridges in the county, too!

Head to Butler County and [Moraine State Park](#), a popular spot for boating, sailing and fishing. This 16,000-plus acre park features picturesque Lake Arthur and its 42 miles of scenic shoreline, not to mention an excellent lakefront bike trail.

It's life in the fast lane at the [BeaveRun MotorSports Complex](#), a world-class facility located in Beaver County. Whether racing, training or being a spectator, this is a true car lover's paradise.

[Buttermilk Falls Natural Area](#) in Indiana County features an impressive 45-foot waterfall and scenic woodland. The property was once owned by Fred McFeely, grandfather of Fred Rogers of children's television fame.

In downtown Pittsburgh, bike along 22 miles of riverfront trails. Rent a bike at [Golden Triangle Bike Rentals](#). Then kayak on the Three Rivers with rentals available through [Kayak Pittsburgh](#).

- See more at: <http://www.visitpa.com/articles/fall-pittsburgh-and-its-countryside#sthash.VW6etAQI.dpuf>

ADHD and Executive Function: Research and Current Treatment Strategies Conference

September 5, 2014

Sheraton Station Square, Pittsburgh



Keynote Speaker:

Thomas Brown, PhD

Assistant Clinical Professor of Psychiatry

Yale University School of Medicine

Associate Director, Yale Clinic for Attention and Related Disorders

The aim of this conference is to provide participants with a greater understanding of the multitude of issues surrounding the diagnosis and treatment of ADHD across the lifespan. During the keynote presentation, Thomas Brown, PhD will present on his newly published findings on ADHD and Emotions. Afternoon workshop sessions will be specifically geared toward clinicians, families of children with ADHD, and adults living with ADHD.

A Joint Effort Sponsored by
Community Care Behavioral Health and
Western Psychiatric Institute and Clinic

For more information, please visit
<https://classes.upmc.com/Consumer/Default.aspx> or contact Nancy Mundy at
mundynl@upmc.edu or (412) 204-9090.

**PALS Study
Brooke Molina, PhD
University of Pittsburgh
3811 O'Hara St.
Pittsburgh, PA 15213**

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