



# PALS NEWSLETTER

Volume 12, Issue 2

May 2016

## Inside this Issue

Study Update 1

Pittsburgh Apps 2

A Behind the Scenes Look into PALS Neuroimaging 3

Summer Events 4

CHADD Chapter #477 Upcoming Meetings 5

Sudoku Puzzle 5

### PALS

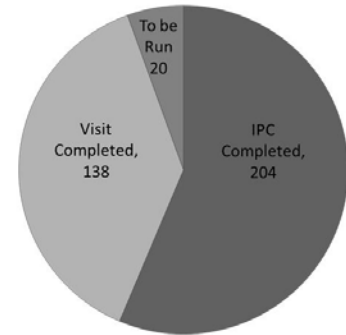
Scheduling Line  
(412) 246-5656

Visit our Website  
[www.youthandfamilyresearch.com](http://www.youthandfamilyresearch.com)



**Study Update** ~ Year 17 of the PALS study was from 9/1/14-8/31/15. Based on their age, 158 young adult participants were due to be interviewed. 87% of these young adults (138) were interviewed. A parent has also been interviewed for 85% of these young adults. During this same time period, Interim Phone Contacts (IPCs) were conducted to update address and phone information with an additional 204 young adult participants. During Year 17, we had contact with approximately 342 of the young adult participants.

Progress 9/1/2014—8/31/2015



**The 18<sup>th</sup> year** of the PALS study began in 9/1/15. In Year 18 (9/1/15-8/31/16), 119 young adult participants are due to be interviewed. As of 5/15/16, 52% or 62 raw number young adult participants have been interviewed. A parent has been interviewed for 65% of these young adults. Since 9/1/15, we have completed IPCs with 246 young adults. If you have ever wondered how many phone calls we make in a year's time, we have an answer for you! Between 4/1/15 and 3/31/16, a total of 4,512 telephone calls were made. During this same time period, 250 visits were completed—including those completed with young adults and parents both in the lab and by telephone.

Progress 9/1/2015—8/31/2016



**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. Since we began this process, almost all of the young adults we have interviewed have given permission for us to contact a friend/partner. We have requested friends/partners information for 240 of our participants and to date, have received questionnaires back for 162 (68%) of them. The information that we ask for is quite brief and may be done electronically—we email a link that takes them to the confidential on-line questionnaires. Friends are paid \$20 for participating and romantic partners, who have a few extra questionnaires to answer, are paid \$25.

**PALS Neuroimaging:** In January, 2015, we began the PALS Neuroimaging Study. To date, 80 PALS participants have participated, or about 3-8 per month. We attempt to scan participants close to their regularly schedule PALS visit. Introductory letters are sent, followed by a brief telephone screen to determine eligibility. Participation in the project involves on six-hour visit to Oakland: the first half involves an MRI scan at the MR Research Center at Presbyterian University Hospital; the second half is completed in our offices and consists of completing questionnaires and computer tasks. Participants may earn up to \$300.

See Ben Allen's article on page 3 about how we work with the complex data provided in neuroimaging.

# Pittsburgh Apps



Traveling in Pittsburgh can be daunting, however several apps are available to make it easier. In addition to national ridesharing apps like **Uber** and **Lyft**, Pittsburghers can now hail a Yellow Cab using **zTrip**.



If you prefer a bus or subway, **ezRide** Pittsburgh can help you plan your next trip using the Pittsburgh Port Authority’s mass transit system. In addition to schedule & stop information, **Tiramisu**, developed at CMU, also offers real-time and crowd-sourced information for arrival times and seating capacity with an emphasis on improving transit experiences for people with mobility and visual impairments.

If you are the one behind the wheel, **ParkPGH** guides you to an empty parking spot in garages downtown and on the North Shore. It will also direct you to the nearest garage and provide parking rates. **Go Mobile PGH** allows you to pay for metered parking from your phone. Enter the parking zone (found on the closest pay station) and your license plate number. If you need more time than you expected, you can add time from wherever you are. The app alerts you when your time is running short and will even help you find your vehicle if forget where you left it.



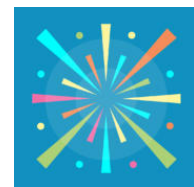
If your trip takes you outside of the city, **Pittsburgh International Airport’s** official app provides real-time arrival and departure information as well as information about security, parking, and shopping.

Several apps help you get healthier and navigate the outdoors. **WalkPgh** includes a pedometer and charts to compare your stats with others in the city and your neighborhood. **MyPGH Parks** provides maps and information about the city’s park system. You can rent a bike using **healthyridepgh**, just register, pick up a bike at one of the many locations throughout the city, and return it when you are done. Be sure to check in with **SpeckSensor** to check the air quality before you head out. If all that exercise leaves you hungry, the **Green Light Foods app**, developed by Phipps Conservatory in conjunction with CMU, will help you make



healthy food choices in the grocery store.

And for some entertaining apps with a real Pittsburgh twist, **PGH Style** lets you liven up your photos with Pittsburgh themed filters, frames, and text; **Are You A Yinzer?** Has quizzes to test how “Yinzer” you are; **Yinzer** is a language app for decoding Pittsburghese; And of course, no Pittsburgher should be without the **WPXI Pittsburgh Fireworks** app!



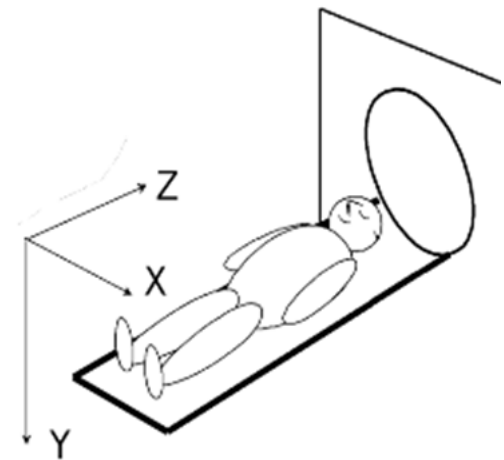
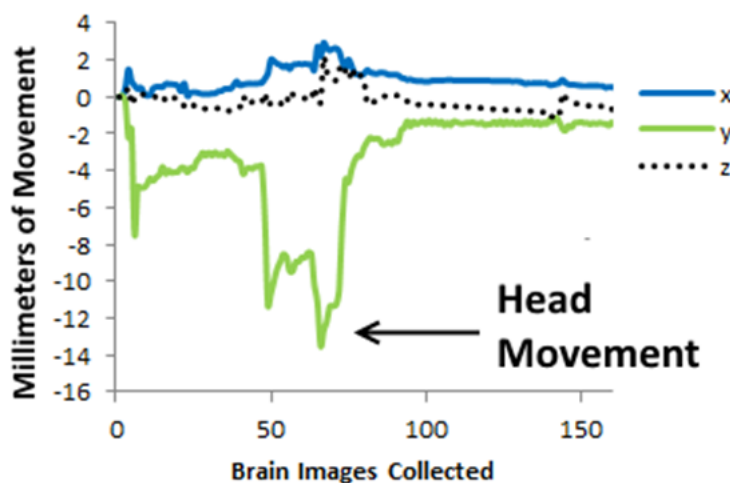
Tara Draper, PALS Interviewer

## A Behind-the-Scenes Look into PALS Neuroimaging

*The research subject had been lying in the brain scanner for over an hour, trying his best to keep still, when the cool hospital air sent a shiver through his body.*



Magnetic resonance imaging (MRI) is a powerful tool that offers a window into the mind. Because many of the brain areas that we examine are extremely small (some areas only 2 millimeters wide), an important step of the data collection process is correcting the brain images for any head movement that occurred during the scan. Remaining still for over an hour in an MRI can be really difficult! Even when research subjects try their best, some movement of the head is bound to happen. During the MRI, head movement is measured in several directions, such as the x, y, and z planes depicted below. You might notice that the 3 lines show different patterns, with less than 4 millimeters of movement on the x and z lines, but the y line shows a large 14 millimeter spike towards the middle. These different patterns represent the specific direction the head moved, such as left or right, up or down, etc. Once the MRI is complete, researchers create these plots of movements and look for spikes across the time of the MRI scan.



Head movement makes the brain images look blurry, as if someone was bumped when they snapped the picture. These movements also cause spikes in the brain activity data, and if there is too much movement, there won't be enough clear images to get a good idea of what the brain was doing during the task. This is why during an MRI we try to minimize head movement as much as possible. We want to keep our brain images clear and our window into the mind open!



*Ben Allen, PhD  
Post Doctoral Associate*

# SUMMER EVENTS AROUND TOWN



**THREE RIVERS ARTS FESTIVAL** ~ This may be the largest and most-celebrated free arts festival in the country...and beyond. Nearly 1,000 artists are represented in hundreds of performances and attractions. No tickets are required. Show up and experience all kinds of art – from top-notch touring musicians and acclaimed visual artists to creative hands-on activities for children and showcases of the Pittsburgh region’s vibrant creative community. The festival runs from June 3 - 12.

**CINEMA IN THE PARK** ~ Grab a blanket or lawn chair and head out for an unforgettable evening of free cinema under the stars! Return to your favorite movie location at Arsenal Park in Lawrenceville, Brookline Memorial Park, Flagstaff Hill in Schenley Park, Grandview Park, Highland Park, Riverview Park or West End/Elliott Overlook or visit a new movie location in 2016: Market Square in Downtown Pittsburgh—one Monday each month. For more information call (412) 255-2493. Sponsored by Dollar Bank.

**FARMERS MARKETS** ~ You don't have to leave the City limits to buy farm-fresh vegetables. Visit conveniently located Farmers' Markets to find a wide variety of seasonal specialties. All markets sell farm-fresh fruits, vegetables, meats, cheese and baked goods, while a few stands also sell flowers, small gifts and gardening items. Several locations even accept credit, debit and SNAP cards. Call (412) 422-6523 for more information.

Day	Site	Time	Location
Sunday	Squirrel Hill	9:00 - 1:00 PM	Beacon/Barlett parking lot
Monday	East Liberty	3:30-7:00 PM	Station & N Euclid Ave
Tuesday	South Side	3:30-7:00 PM	18th & Carson Street
Wednesday	Carrick	3:30-7:00 PM	1529 Brownsville Road
Thursday	Beechview	3:30-7:00 PM	Broadway & Beechview Ave
Friday	Downtown	10:00-2:00 PM	Mellon Square
	North Side	3:00- 7:00 PM	E Park, E Ohio & Cedar Ave



**PITTSBURGH ZOO AND PPG AQUARIUM** ~ In addition to the hands-on Kids Kingdom area, the zoo offers family-friendly events all summer long. Themed programs take place on “Wild Wednesdays” from June 15-August 3. Call 412-665-3640 or [www.pittsburghzoo.org](http://www.pittsburghzoo.org)

**PITTSBURGH THREE RIVERS REGATTA** ~ The 38th annual—all FREE—EQT Pittsburgh Three Rivers Regatta is the most anticipated summertime event. Every year, over 500,000 spectators swarm the banks of the Allegheny. This three-day festival consists of dragon boat races, extreme water sports, food vendors, free concerts and of course, the Fourth of July fireworks display. For a complete schedule of events, visit [www.yougottaregatta.com/](http://www.yougottaregatta.com/)



**PITTSBURGH VINTAGE GRAND PRIX** ~ This vintage motor sports car race and 10-day motorsport festival takes place annually in mid-July in Schenley Park . With an estimated 250,000 spectators during the 10 days, the Pittsburgh Vintage Grand Prix is the largest vintage sports car race in the United States. The race originated in 1983 and is now the longest-continually-running vintage road race in the nation, with an ever-widening national and international recognition as one of the premier vintage motorsports events. For more information, visit <http://www.pvgp.org/>





### Adults with ADD for Pittsburgh & Tri State Area -- CHADD Chapter #477

#### To Be Announced

~~~~~

Meetings are held on the 4th Thursday of each month at WPIC, Room 292, 3811 O'Hara at DeSoto St in Oakland from 7:00 to 9:30 pm.

For more details about specific meeting dates and topics, please contact Leslie Stone at (412) 682-6282 or visit [www.pittsburghhadd.org](http://www.pittsburghhadd.org)

### MOVING?

If you have moved, plan on moving or changed your phone number, please call our PALS study line at (412) 246-5656 to provide us with updated information.



### Need to Schedule Your Study Visit?



If you would like to schedule your study appointment or need to change or cancel your existing appointment, call the PALS study line at (412) 246-5656.



## Sudoku Classic

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   | 7 |   |   |   | 9 |   |   |
|   | 9 |   | 5 |   | 6 |   | 4 |   |
| 1 |   |   |   | 4 |   |   |   | 7 |
| 2 |   |   |   | 9 |   |   |   | 5 |
| 3 |   |   | 4 |   | 8 |   |   | 1 |
| 4 |   |   |   | 1 |   |   |   | 9 |
| 5 |   |   |   | 2 |   |   |   | 4 |
|   | 1 |   | 6 |   | 7 |   | 2 |   |
|   |   | 8 |   |   |   | 5 |   |   |

#### GAMEPLAY

The object of the game is to fill all the blank squares with the correct numbers. Fill in the empty squares of the grid with the numerals 1, 2, 3, 4, 5, 6, 7, 8, and 9. The puzzle is solved when each ROW and each COLUMN, and each 3 x 3 square within the puzzle contain the numerals 1-9 with each numeral appearing only once.

#### SOLUTION

An answer key is available on our website at [www.youthandfamilyresearch.com](http://www.youthandfamilyresearch.com). From our home page on the website, select *Studies*, click on *PALS, Newsletters* and you will see *Sudoku Puzzle Answer Key*.



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

**Paste Label Here**

**Address Correction Requested**