

Dear Transition Times Families,

We are now in the second year of the new study. Some families started the new study this year, a lot more are starting next year, and the last set of families will start the following year. This is a very interesting time in your lives as teenagers truly become young adults. We greatly appreciate all of your assistance and cooperation. It has been a pleasure working with you.

On-line questionnaires (or mailed) will be sent out the first of February. Youth receive \$50, and parents receive \$25. For the first two years of the study, youth have the opportunity to earn an extra \$100 for completing the three brief 24-hour recall phone interviews.

Please contact us at 412-268-2784 if you have any questions and concerns. We would also appreciate it if you notify us of any changes in address or contact information. Enjoy the Fall and let's hope for a mild winter.

Sincerely,

Vicki Helgeson
Principal Investigator

With the holidays being just around the corner, we thought you may enjoy some ideas for holiday gifts under \$10.00.

- Gourmet coffees with a personal coffee cup
- Hand held electronic games like Yahtzee or Tetris
- Journal with special inscription inside
- Teacup with a box of herbal tea
- Deck of cards and book of card game rules
- Gel pens and pretty stationary
- I-Pod gift cards
- Basket filled with deli cheese and fruit
- Holiday serving bowl or platter
- Basket filled with special jams or mustards
- Gardening gloves with a plant or flower seeds
- Photo album
- Gourmet popcorn and flavored oil
- Movie theater gift certificates
- Board games
- Note cards and a book of stamps
- Picture frames
- Pre-paid game card for online subscription games like World of Warcraft and City of Heroes
- Books
- Set of dish towels and dish cloths
- Nail polish kit
- Basket filled with kitchen gadgets
- Handwritten copies of your favorite recipes
- Baking pans and supplies
- Small alarm clock
- Address book
- Puzzles
- Special soaps and bath puff
- Micro-fleece blanket



For additional inexpensive gift ideas, you can also visit www.holidayfamilyfun.com



To help stay active during the winter months, here are some locations in the area for skiing and other outdoor winter activities.

Blue Knob (Pennsylvania) <http://www.blueknob.com> 814-239-5111

Blue Knob An All Seasons Resort is nestled among the highest peaks in the Allegheny Mountains at the northwestern tip of Bedford County, Pennsylvania, about 2 hours from Washington D.C., Baltimore and Pittsburgh.

Boyce Park (Pennsylvania) <http://www.alleghenycounty.us/parks/bpfac.aspx> 724-733-4665

This small ski slope located in Monroeville, Pennsylvania, doesn't have the charm or vertical feet of some of the larger area ski resorts, but it is cheap and very close to Pittsburgh. A great place to get away for a few hours of skiing.

Canaan Valley (West Virginia) <http://www.canaanresort.com> 304-866-4121

A winter wonderland of skiing and snowboarding awaits you at this ski resort located in the beautiful West Virginia mountains.

Hidden Valley (Pennsylvania) <http://www.hiddenvalleyresort.com> 814-443-8000

A good mix of beginner, intermediate and advanced terrain plus a great kids ski school program make it easy to see why Hidden Valley is one of the Mid-Atlantic's most popular family ski resorts.

Mountain View (Pennsylvania) 814-734-1641

Located in Edinboro, Erie County, this small Pennsylvania ski area offers snow tubing and eight slopes and trails for downhill skiing and snowboarding.

Mystic Mountain (Pennsylvania) <http://www.nemacolin.com> 724-329-8555

The world-famous Nemacolin Woodlands Resort and Spa ensured its place as a year-round destination when it opened Mystic Mountain. And there is nothing better after a day of skiing than being pampered in a spa!

Peek 'N Peak (New York) <http://www.pknpk.com> 1-800-772-6906

Set amid a backdrop of rustic beauty, the grounds of Peek'n Peak are suggestive of a quaint European village. They have 27 downhill trails and miles of cross-country terrain to challenge every level of skier.

Seven Springs (Pennsylvania) <http://www.7springs.com> 814-352-7777

Pennsylvania's largest ski area, Seven Springs, was named for an old property deed describing the land as a "piece of property with seven springs on it." Located in Pennsylvania's Laurel Mountains, this popular Pennsylvania mountain resort is much more than just a skiing destination.

Snowshoe (West Virginia) <http://www.snowshoemtn.com> 877-441-4FUN

Best known for their great snow, this popular resort is boasting new terrain, new lifts, new outdoor adventure programs and a new Village.

The Rink at PPG Place (Pennsylvania) <http://www.ppgplace.com/rink> 412-394-3641

This 104 ft square, diamond-shaped ice rink in the center of PPG Plaza in downtown Pittsburgh is larger than the famous Rockefeller Center rink in NYC! Offers daily skating and skate rentals from December through March.

Blade Runners (Pennsylvania) <http://www.bladerunnersice.com> 412-826-0800

A family fun center for ice skating and hockey with three Pittsburgh area locations in Harmarville, Bethel Park and Warrendale.

Neville Island Ice Arena - The Island Sports Center (Pennsylvania) <http://www.rmuislandsports.org/> 412-397-3335

The RMU Island Sports Center at Neville Island offers ice hockey and figure skating programs, birthday parties, recreational ice skating, and skate rentals.

North Park Skating Rink (Pennsylvania) 724-935-1280

Operated by the county of Allegheny, the North Park ice skating rink is open November 1 - March 12 (weather permitting).

Schenley Skating Rink (Pennsylvania) 412-422-6523

The Schenley Park Skating Rink, operated by the City of Pittsburgh, has roller hockey from May 1st through Labor Day and ice skating in the winter.

South Park Skating Rink (Pennsylvania) 412-833-1499

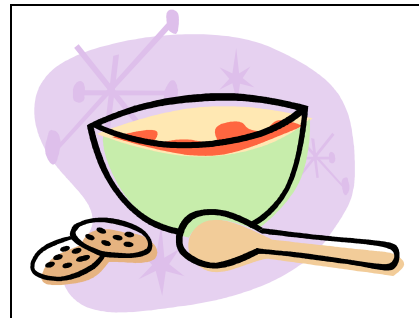
Operated by the county of Allegheny, the South Park ice skating rink is open November 1 - March 12 (weather permitting).



Another inexpensive gift idea is “Cookies in A Jar” mixes. Use a mason jar and fill it with your loved one’s favorite cookie mix. After layering the ingredients in the jar, use ribbons to decorate the jar. Below are some recipes for holiday favorites.

Chocolate Chip Cookies

- 2 1/2 cups all purpose unbleached flour
- 3/4 cup white sugar
- 3/4 cup packed brown sugar
- 1/2 tsp. baking soda
- 1 cup chocolate chips



Instructions:

1. Combine flour and baking soda - stir well. Place flour mixture in a clean mason jar. Pack down tight so everything will fit in the jar. (Use a spoon or a mallet.) Add white sugar and pack down, then add brown sugar and pack down. Finally, add chocolate chips.
2. Put the lid on the jar and decorate.
3. Print out the following instructions on a gift card and tape the card to the jar:

Whip 1 cup of butter until light and fluffy. Add 2 eggs and 1 tsp. vanilla and beat until mixed. Stir in the ingredients from this jar until well combined. Drop 1 Tbsps of dough on a greased cookie sheet. Bake for 8 to 10 minutes at 350 degrees F. Share with a friend.

Spicy Ginger Cookies

- 4 cups flour
- 3/4 teaspoon baking soda
- 1 teaspoon ground ginger
- 1 1/2 teaspoons ground cinnamon
- 1 1/2 teaspoons ground cloves
- 1/2 teaspoon salt
- 1/2 cup molasses
- 1 1/4 cups sugar

Instructions:

1. Combine flour, spices, salt, and baking soda - stir well. Place flour mixture in a clean mason jar. Pack down tight so everything will fit in the jar. (Use a spoon or a mallet.) Add other ingredients, one item at a time, packing each layer down.
2. Put the lid on the jar and decorate.
3. Print out the following instructions on a gift card and tape the card to the jar:

Whip 1 cup of butter or shortening until light and fluffy. Add 1/2 cup molasses. Add 2 eggs and 1 tsp. vanilla and beat until mixed. Stir in the ingredients from this jar until well combined. Drop teaspoons of dough on a greased cookie sheet. Bake for 12 - 14 minutes at 350 degrees F. Share with a friend.

