

BIG NEWS

August/Sept 2007
Issue #18

August 30, 2007

Special points of interest:

- Need some new ideas?
Read the article to the right.
- New staff members at BBBS. Find out who may be calling you.
- Need some help staying healthy?
Make sure to check out the fitness article on page 2.
- Be safe and beat the heat. See page 2.

Calendar of Upcoming Events

September 2nd
Boomsday
Volunteer Landing

September 8th
UT vs. Southern Miss
Neyland Stadium

September 9th:
9/11 Remembrance
World's Fair Park

September 28th:
Hot Air Balloon Festival
Pellissippi State

October 11th
5:30pm: Bigs Night Out
Cherokee Health Systems
Pellissippi State

Old School Flavor and New School Rules

Depending on how long you have been in a match, you may or may not be having difficulties coming up with new ideas for things to do with your Little. If you are anything like me, then you probably only have one good idea a year, so you have to be careful how you use it.

Fortunately for the both of us, many of our Bigs come up with fresh and worthwhile ideas that can help our relationships with our Littles continue to grow. Let me tell you about one idea I heard:

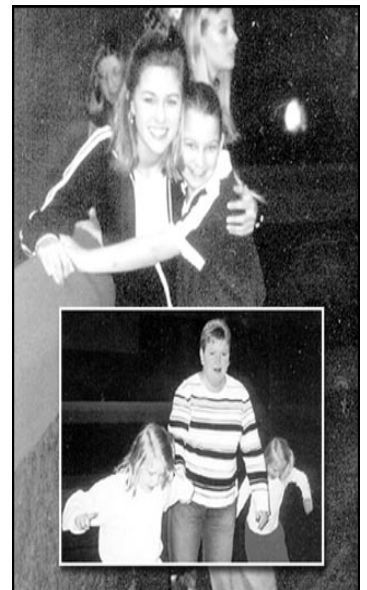
There is a match here at BBBS in which an older woman ("old school") is matched with one of our Littles ("new school").

Together, they decided to teach each other a little about the "school" from which they come. The Big teaches her little one "old school" idea, and the Little teaches her Big one "new school" idea.

Here is how it played out: the Big is learning how to cosmic bowl, while the Little is learning to sew and crochet. The Big learned how to dance, while the Little learned how to cook.

Isn't that the beautiful thing about mentoring relationships? Both parties have something to teach, and both parties have something to learn.

Let us know about any other good ideas you have.



Beat the Heat

When we think about summer, we normally think about being outside at the beach, children out of school and playing in the yard, doing yard work, or throwing frisbee with the dog at the park. While those activities are fun, during heat spells like we

been experiencing recently, we may need to rethink the times and places of our outdoor activities.

For example, the best time to go on a walk with the dog is in the morning hours. In the evening hours, even though the sun has gone

down, it still has been extremely hot outside, and heat is radiating from the roads and other structures. Make sure to drink plenty of water before going out, go back inside periodically, and wear sunscreen during prolonged times outside so you can stay safe this

Fitness Corner: Updated PA Recommendations

Physical activity (PA) is defined as any bodily movement caused by muscle contractions that increases energy expenditure - or in other words, any movement that causes you to burn calories. PA could include anything from walking or mowing the yard to basketball or vacuuming the rugs in your house.

How much PA should you be getting in order to be healthy? The American College of Sports Medicine (ACSM)

recommends that most people should accumulate 30 minutes of aerobic activity (walking, yard work, etc.) at least five days each week. This is roughly equivalent to walking 10,000 steps per day.

What about weight lifting? Although weight lifting has many benefits, and the ACSM recommends weight lifting two to three days per week, weight lifting is not considered an aerobic activity. Having said

that...lift away. There is nothing like a good set of abs or biceps to turn some heads.

Why should you try to get 30 minutes of PA five days a week? To live longer!!! Also, to have a better quality of life during the years you have. Individuals who meet the ACSM recommendation have a 50% or more reduction in heart attacks, high blood pressure, high cholesterol, diabetes and other diseases. So let's get moving!!!



New Faces at Big Brothers Big Sisters

BBBS is continuing to grow and change to help serve you better and make your experience as a Big as pleasant and healthy as possible. Some of our new staff members may be calling you soon, so we wanted to introduce you to them.

Ryan Burchfield has worked at BBBS in the past and has returned to the staff to work part-time. He will be serving

you as a Match Support Specialist, so you may be getting a call from him to see how your match is going. Chloe White is the new Partnership & Communications Coordinator. She earned her Bachelor's and Master's degrees in Communications from UT. Jenny Gilliam earned her Master's degree from UT in social work and will function as an Enrollment and Match

program. Jen Davis is also an Enrollment and Match Specialists for the school-based program.. She received her Bachelor's degree in recreational therapy from Southern Alabama.

If you get a call from one of our new staff members, hopefully now you will recognize who they are and their role here at BBBS.

"I wanted to work for an organization that truly makes a difference in people's lives."

~ Chloe White

MATCH ANNIVERSARIES

<u>JULY</u>	<u>YEARS</u>	<u>JULY</u>	<u>YEARS</u>	<u>AUGUST</u>	<u>YEARS</u>	<u>AUGUST</u>	<u>YEAR</u>
Hardenbrook/Snyder	1	Nelson/Miller	2	Branner/Goertzen	1	Fults/Field	3
Huff/Porter	1	Byrge/Calhoun	3	Hebron/Pollard	1	Loverson/Stewart	3
Lacey/Bridges	1			Ingram/Bowden	1	Fults/Ellis	3
Davis/Johnson	1			Peacock/Jacobus	1	Ooten/Ellis	4
Wright/Hancock	1			Hughett/Jordan	1		
Lowery/Archer	1			Pitman/Sybert	1		
Whitson/Brooks	2			Somerville/Cope	1		
Moyer/Pheasant	2			Collins/Bruce	1		
Pierce/Smith	2			Garrett/Warner	2		
Hebron/Melton	2			Johnson/Russell	2		
Davis/Young	2			Salyers/David	2		
Sartin/Galloway	2			Pierce/Parker	2		
Love/Nichols	2			Hall/Sago	3		



Happy Anniversary Matches!!