

BIG NEWS

a publication of Big Brothers Big Sisters
of Tennessee Valley, Inc.

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Issue # 13

Calling All Volunteers!!!

January is National Mentoring Month. It is time to kick off our second annual "Bigs Recruiting Bigs" contest! This contest will run the entire month of January and will hopefully increase the number of Bigs in our program. Currently we have 203 children on our waiting list in need of a Big Brother or Big Sister. There are two ways to take part in this contest. If you refer positive adults that you think will be beneficial to our program you can call us and give their name, and if they go through the process of becoming a Big, that is one point for you. You will receive one point for every person you refer. You can also receive points by contacting our Recruitment Specialist, Jessica Carrington, and setting up a future speaking engagement for her to talk about the opportunities to become a Big Brother or Big Sister. As long as you contact her during the month of January we will count the point. The actual speaking engagement does not have to be in January. We have wonderful prizes for our first, second and third place winners. Good luck and have fun with this contest! If you have any questions please contact Jessica Carrington at 523-2179 extension 13.

Name Calling

Big Brothers Big Sisters along with 40 other organizations serving youth invite you to join us in addressing the problem of name-calling and verbal bullying in United States schools. During the week of Jan 23rd-27th, students in

grades 5-8 across the nation will take part in No Name-Calling week. For more information visit www.nonamecallingweek.org. Please share this with your little and help stop name-calling!

Bigs Night Out- Feb. 7th, 6:30 p.m.-8:30 p.m.

On February 7th, guest speaker Anna Seale from Consumer Credit Counseling Service will be here to share ways to talk with your Little about basic budgeting, learning how to save money, understanding credit and other financial issues. This is a program that will be helpful for you to share with your Little no matter what age they are! Please join us on February 7th at 6:30 p.m. at the Knox County Public Defenders Office. They are located at:

1101 Liberty Street
Knoxville, TN 37919

You will need to RSVP by Feb. 3rd. Please let me know if you need directions when you RSVP. Contact Kara O'Brien at kobrien@bbbstnvalley.org. You may also call (865) 523-2179 ext. 18 if you have any questions. *Food will be provided*

Taxes

As the New Year begins, tax season soon follows. In our area there are many tax sites available that offer free tax preparation for simple returns, usually for persons whose annual household income is under \$35,000.00.

For tax help sites in various locations you may call 1-800-829-1046 or 1-888-AARP-NOW.

Did You Know?

Volunteers with any not-for-profit may claim an income tax deduction for charitable use of any automobile. Under the law, volunteers may deduct 14 cents a mile for their car costs.

Way to go Women's Basketball Hall of Fame!

The Women's Basketball Hall of Fame has put together a discount program to honor your volunteer work. They will discount admission to \$4.00 per person for Big Brothers and Big Sister AND your Little (if you have him/her with you) OR any guest you bring (\$4 per person). To get the discounts, it is not required to have your Little with you. You must show your Little's medical information card to take advantage of these discounts. For more information contact the Women's Hall of Fame at:

700 Hall of Fame Drive
Knoxville, TN 37915
(865) 633-9000

Powerful Words

The words we use with children can help them grow into successful people. Or, they could destroy their dreams, imagination and self-esteem. Encouraging words from important people in your Little's life can be the fuel that powers them on their path to success in their education and a great career.

The simplest way to complement an action is to describe the positive you see, and maybe mentioning how you like it. It is easy to have one quick phrase "Great job!" but it becomes

less meaningful pretty soon. Descriptive phrases allow the child (or adult) to praise themselves and not require someone's "great job" just to feel good.

You could say, "You colored the animal! I like red." "I like how you helped me." "I heard nice words, that's very polite." The child can think of the praise for herself: "I am a good person – I help people," or "I am a polite person."

Habits that encourage:

- Letting a child overhear praises about her.
- Making focused time with the child, showing your interest and value of him.
- Allowing expression of feelings and providing the words for emotions (angry, frustrated, sad, happy, confused)
- **Positive** words: "I like how you did that" "You can do it" "You did it yourself!" "You are good at _____" "You are smart/pretty/_____" "I can see you becoming a ____ (astronaut, model, etc.)".

Habits that destroy:

- Embarrassing a child in front of others. (Don't allow parents/others to say negative things to you either – interrupt them and comment on how he/she is improving.)
- Continually ignoring their interests or watching TV while talking to them.
- Telling someone that his or her feelings are not right or okay. (It's okay to *feel* angry, but not okay to hurt someone.)
- **Negative** words/names "dumb, lazy" "You can't do anything right," or "You aren't going to be able to do anything if you don't fix your grades."

A book full of amazing wisdom for communication with children, which works very well with adults also, is How to talk So Kids Will Listen & Listen So Kids Will Talk by Adele Faber & Elaine Mazlish. I recommend this book often because it is simple, illustrated with comics, and is very convincing. Anyone can learn ways to reduce

arguing, increase complementing and feel better about how we relate to children.



Kids Health

There's a lot of discussion these days about fit kids. People who care want to know how to help kids be fit. Being fit is a way of saying a person eats well, gets a lot of physical activity, and has a healthy weight. If you're fit, your body works well, feels good, and can do all the things you want to do. Parents can take certain steps such as serving healthy meals or deciding to take the family on a nature hike. But kids can take charge too, when it comes to health. Here are five rules that you can talk to your Little about to help them stay fit.

- 1) **Eat a variety of foods, especially fruits and vegetables.** Everyone has favorite foods, but the best choice is to eat a variety. If you eat different foods, you're more likely to get the nutrients your body needs. Shoot for five servings of fruits and vegetables a day- two fruits and three vegetables.
- 2) **Drink water and milk most often.** When you are really thirsty, cold water is the #1 thirst-quencher. Kids need calcium to grow strong bones, and milk is a great source of this mineral. Kids probably will want to drink something other than milk so try 100% juice. But suggest limiting sugary drinks, like sodas, juice cocktails, and fruit punches. They contain a lot of added sugar, which mean a lot of added calories and not important nutrients.
- 3) **Listen to your body.** What does it feel like to be full? When eating notice how your body feels when your stomach feels comfortably full. Sometimes, people eat too

much because they don't notice when they need to stop eating. Eating too much can make you uncomfortable and can lead to weight gain.

- 4) **Limit screen time.** What's screen time? It's the amount of time you spend watching TV, DVD's and videos, playing handheld computer games, and using the computer. The more time you spend on these sitting-down activities, the less time available for active things. Try to spend no more than 2 hours a day on screen time, not counting computer use related to schoolwork.
- 5) **Be active.** One job a kid has is to figure out what activities they like the best. Try to suggest different activities that they can try to see what they like doing and help them be active everyday.

Use these five rules and help your Little become fit for 2006!

www.kidshealth.org

Match Anniversaries

Big & Little	Years
<i>January</i>	
Amy Barnas & Kinsley	1
Judy Boyle & Natalya	1
Mary DeSelm & Laneshia	2
Julie Evans & Bobbie	1
Mark Harmon & Levi	1
Tiona Harris & Sharmaine	2
Stacey Krout & Danielle	2
Allyn Lay & Tyler	2
Harmony Mason & Marcia	1
Erin Mentzer & Michelle	1
Shelia Pierce & Praylee	2
Jeff Silver & Joseph	1
Trevor Stafford & Brad	2
<i>February</i>	
James Bailes & Henry	1
Brandi Bailey & Shadeja	2
Mary Blevins & Megan	2
Christin Bradley & Brook	1

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February Match Anniversaries cont.

Big & Little	Years
Doreen I Crouse & Sorimari	4
Jim Eaton & Matt	6
Lesley Hardin & Nikkole	4
Katherine Latimer & Mel	1
Gracie Murphree & Shan	3
Kathleen Pelton & Heather	1
Laura Roehl & Amelia	1
Minna Rosenblad & Queshawna	1
Marcus Stapleton & Gab	3
Derek Wakefield & Joseph	1
Michael Weathers & Elijah	1
Mark Whicker & Taber	3
Sherri Williams & Kamiah	1

Congratulations!!!!!!

Community Events

Here are some community events that you and your Little might be interested in.

Men's Vols Basketball Games

- Jan. 21st- Vols vs. FL
- Jan. 28th- Vols vs. South Carolina
- Jan. 29th- Vols vs. Alabama
- Feb. 1st- Vols vs. Vanderbilt
- Feb. 4th- Vols vs. Mississippi
- Feb. 15th- Vols vs. Auburn
- Feb. 25th- Vols vs. Arkansas

Lady Vols Basketball Games

- Feb. 5th- Lady Vols vs. Arkansas
- Feb. 9th- Lady Vols vs. LSU
- Feb. 12th- Lady Vols vs. Vanderbilt
- Feb. 23rd- Lady Vols vs. Auburn
- Feb. 26th- Lady Vols vs. FL

Now thru Feb. 28th- Half Price Admission at the Knoxville Zoo. Reduced admission is available to all visitors. Open daily 9:30 a.m.-4:30 p.m. \$5 for 12 and under, \$10 adults. For more information call 637-5331 or visit www.knoxville-zoo.org

Now thru Feb. 28th- 16th Annual Gatlinburg Winterfest will take place in Downtown Gatlinburg. The city magically lights up in the winter nights with over two million spectacular lights. For more information call 1-800-568-4748.

Jan. 13th-29th- A Little Princess at the Black Box Theatre located at 5213 Homberg Dr. Friday and Saturday at 7 p.m., Saturday & Sunday at 2 p.m. For more information call 909-9300 or visit www.actorscoop.net

Jan. 21st- 12 noon. Living Clean & Green: Urban Wildlife at Ijams Nature Center. Program focuses on the state of local wildlife.

Jan. 28th- 21st Annual Chocolate Fest at Knoxville Center Mall. Chocoholics get their fill with some of the finest chocolate creations in the area. For more information contact Maggie Meyers at 688-5481.

Jan 28th- 10:00 a.m.-1:00 p.m. Junior Naturalist: The Nature of East TN at Ijams Nature Center. A program designed for children 10-14 years old who are interested in nature and outdoor activities. For more information call 577-4717.

Feb. 3rd-5th- Knoxville Pet Expo at Chilhowee Park/Jacob Building.

10:00 a.m.-9:00 p.m. Friday & Saturday
11:00 a.m.-6:00 p.m. Sunday

For more information contact Steve Cantin 549-2224.

Feb 24th-26th- Peter Pan at the Knoxville Auditorium. For more information contact 524-5311 or visit www.broadwayinknoxville.com



On Exhibit

American Museum of Science & Energy

300 South Tulane Ave. Oak Ridge. Open Mon-Sat 9:00 a.m.- 5:00 p.m. & Sun 1:00-5:00 p.m. For more information call 576-3200.

Beck Cultural Exchange Center

900 Volunteer landing Lane. Free! Open Tues-Sat 10:00 a.m.-6:00 p.m. For more information call 524-8461.

Black Cultural Center

1800 Melrose Ave. (UT Campus) Mon-Fri 8:00 a.m.-10:00 p.m., Sat 12:00-8:00 p.m. & Sun 1:00-8:00 p.m.

Children’s Museum of Oak Ridge

461 W. Outer Dr. Mon-Fri 9:00 a.m.-5:00 p.m. & Sat 1:30-4:30 p.m. Ongoing: A World of Trains, model railroad layout and real caboose!

East Tennessee Discovery Center Chilhowee Park

516 N. Beaman St. Mon-Fri 9:00 a.m.-5:00 p.m. & Sat 10:00 a.m.-5:00 p.m. \$4.00 Admission. For more information call 594-1494 or visit www.discovery.org

Frank H. McClung Museum

1327 Circle Park Dr. Mon-Sat- 9:00 a.m.-5:00 p.m. & Sun 1:00-5:00 p.m. Ongoing: Archaeology and Native Peoples of Tennessee. For more information call 974-2144.

Knoxville Museum of Art

The Knoxville Museum of Art has FREE Admission Tuesdays from 5:00 p.m.-8:00 p.m. For more information call 525-6101 or visit www.knoxart.org.



Got Mail!

Does Big Brothers Big Sisters have your correct e-mail address? E-mail is one of the ways that we let our Bigs know about last minute tickets to games and events as well as upcoming activities. It is a great way to keep in touch with what is happening. If your e-mail address has changed please give us a call and let us know!

Match Support

- Kara O’Brien- Extension 18
- Jessi Hampton-Extension 15
- Sarah Garrett-Extension 23
- Jeff Young- Extension 25

Pope’s Valentine Cookies

Original recipe yields 2 dozen

Ingredients:

- ½ pound butter, softened
- 2 ½ cups sifted all-purpose flour
- 1 cup confectioners’ sugar
- 1 tablespoon milk
- 1 teaspoon vanilla extract

Directions:

- 1) Preheat Oven to 325
- 2) Mix Butter in a mixer until light, add remaining ingredients.
- 3) Knead until velvety. Roll one-half of the dough at a time to about ¼ inch thickness using the smallest amount of flour possible.
- 4) Cut out in heart shapes and bake on a lightly greased pan for 12-min. Cookies will be almost white when done. Decorate with icing or sprinkles to your hearts desire! (you can add food coloring to white icing)



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