

BIG NEWS

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

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Bigs Night Out- Date TBA

I am still working out the date for the next Bigs Night Out. We will have someone from Children's Hospital speak about ways to talk to your Little about health, nutrition and hygiene. Please check your email for the date. We hope to see you there!

Youth Service Day- April 21st-23rd

Millions of youth will participate in the 18th Annual National & Global Youth Service Day. The goals are to:

- 1) Mobilize youth to identify and address the needs of their communities through service
- 2) Support youth on a life-long path of service and civic engagement
- 3) To educate the public, media, and policymakers about the year-round contributions of young people as community leaders.

It is a day that promotes public awareness and highlights the amazing contributions of youth. Young people will design and lead service learning projects. Here are some ideas for projects that you and your Little can do together to participate in National & Global Youth Service Day:

- 1) Help cook and/or serve a meal at a homeless shelter.
- 2) Make "I Care" kits with combs, toothbrushes, shampoo, etc. for homeless people.
- 3) Pack and handout food at a food bank.
- 4) Visit a nursing home.
- 5) Rake leaves, clean gutters, or wash windows for someone who needs help.

- 6) Deliver meals to homebound people.
- 7) Paint over graffiti.
- 8) Clean up trash along a river or in a park.
- 9) Clean up a vacant lot.
- 10) Paint flowers in a public area.

These are a few ideas that you and your Little can do together to be a part of National & Global Youth Service day. For information and a complete list of ideas visit www.ysa.org

T.V- Turnoff Week- April 24th-30th

This week encourages children and adults to watch less television in order to promote healthier lives and communities. More than 65 national organizations, including the American Medical Association and the American Academy of Pediatrics, support and endorse TV- Turnoff Week. Visit www.tvturnoff.org for free online activity guides and suggestions and help encourage your Little to turn off T. V. and turn on life!

Here are a few suggestions you can do instead of watching T.V:

- 1) Go to the library or bookstore
- 2) Take a walk, swim or a bicycle ride
- 3) Cook a meal with friends or family
- 4) Listen to music
- 5) Play a game
- 6) Visit the zoo
- 7) Go to a museum
- 8) Start a journal or diary
- 9) Read
- 10) Attend local plays and sports events



Mentoring for Health

As a mentor of a youth, you want to be a positive influence and make a life-lasting difference. Physical and emotional health are areas where you can model positive choices. There are tremendous benefits to regular exercise, which we are all aware of. The most difficult task is motivating a child to exercise. Your influence can be effective as a model for healthy eating and behavior to change their life!

Exercise and good moods. Active exercise releases brain chemicals which can make a person feel better. Runners know of this as “runner’s high”. Improved self-esteem, response to stress and more restful sleep are the primary benefits of exercise for depression and anxiety. There is a satisfaction to accomplishing any goal, and completing a physical challenge can be a memorable experience. You don’t need to climb a mountain to feel good about yourself, but you can set some goals and work toward them, both together and individually.

Exercise and children with inattention, hyperactivity or other challenges. National statistics show that today’s children are increasingly less active than children 10 years ago. Not so coincidentally, psychosomatic disorders and ADHD prescriptions have skyrocketed over the same time frame. If you have a child or teen diagnosed or if you are an adult with ADHD, a plan that focuses on routine intense aerobic exercise and one that includes a nutritious diet can be beneficial. Give hyperactive children an outlet for their excess energy and they’ll have an increased ability to self-regulate.

A few *aerobic activities* you could share (avoid the word “exercise”): Bicycling at 10 mph,

walking at 4 mph, jogging, hiking, any kind of skating, yard-work, skateboarding, washing and waxing the car, weight training or circuit training.

It is important for an adult to make the exercise effort a friendly activity, and to make it fun. An adult displaying enthusiasm in exercise supports and encourages the child or teen to follow. What’s important is that parents or mentors set the tone and provide the spark to get kids off the couch, eating better and leading a healthy lifestyle. Children need to be led by example. Getting them to start slowly is a key to keeping them from being discouraged.

Share your interests. If you like hiking or walking and your Little doesn’t, start with very short walks and make it fun either by the destination or with talking games, snacks or just good conversation. Try creative ways to add some exercise to an outing by parking a distance from your destination or planning a reward for accomplishing a goal.

Here are some suggestions for activities:

Age 6-12: Tag, biking, playing catch or frisbee, hiking, skating, rock-climbing, skateboarding, karate, basketball and other active chores.

For Teens: exercise, dance or yoga classes, jobs as counselors, frisbee, touch football, music video game “Dance Dance Revolution”, swimming, hiking, canoeing or kayaking.

For more information and suggestions on ways to help your Little stay healthy and active visit: www.kidshealth.org, www.fitnessandkids.com www.add-adhd-help-center.com/add_types_exercise.html



Community Activities

UT Men's Baseball Games

Apr. 9th - Vols vs. LSU
Apr. 14th - Vols vs. FL
Apr. 15th - Vols vs. FL
Apr. 16th - Vols vs. FL
Apr. 26th - Vols vs. UNC Asheville

Lady Vols Softball Games

Apr. 9th - Lady Vols vs. FL
Apr. 11th - Lady Vols vs. Austin Peay DH-1
Apr. 11th - Lady Vols vs. Austin Peay DH-2
Apr. 15th - Lady Vols vs. Mississippi DH-1
Apr. 15th - Lady Vols vs. Mississippi DH-2
Apr. 18th - Lady Vols vs. South Carolina DH-1
Apr. 18th - Lady Vols vs. South Carolina DH-2
Apr. 19th - Lady Vols vs. South Carolina
Apr. 26th - Lady Vols vs. TN Tech

Ticket Prices:

\$5.00 adults and \$3.00 for age 17 and under
For tickets and schedule information visit
www.utsports.com

TN Smokies

Apr. 13th, 15th & 14th - TN vs. W TN Diamond Jaxx at 7:15 p.m.
Apr. 21st & 22nd - TN vs. Carolina Mudd Cats at 7:15
Apr. 23rd - TN vs. Carolina Mudd Cats at 5 p.m.
Apr. 24th & 25th - TN vs. Carolina Mudd Cats at 7:15
Apr. 27th, 28th & 29th - TN vs. Huntsville Stars at 8:05
Apr. 30th - TN vs. Huntsville Stars at 3:05

For a complete TN Smokies schedule visit
www.smokiesbaseball.com

Apr. 8th - 10 a.m. Easter Parade and Egg Hunt at Fountain City Park. For more info. Contact William at (865) 523-2796.

Apr. 8th - 12 noon until 8 p.m. Rossini Festival Italian Street Fair at Gay Street. Arts & Crafts, jugglers and more! Most events are free and

there is a children's area with fun games and events. For more info. Call (865) 524-0795.

Apr. 14th - 10 a.m.- 1 p.m. Knox County Spring Egg Hunt at Beverly Park Junior Golf Course off Tazwell Pike. Free event! For more info. Call (865) 215-6607.

Apr. 21st - 24th - Festival on Market Square. Dogwood Arts Festival's signature event takes place in downtown Knoxville's Market Square with exhibits, live entertainment by WIKV, karaoke, the Biscuit Bakeoff, Blue Grass Showdown and much more! For more info. Call (865) 637-4561 or visit www.dogwoodarts.com.

Apr. 22nd - 9:00 a.m.- 4:00 p.m. Bark in the Park at Chilhowee Park. For more info. Call (865) 215-1450.

Apr. 22nd - 10 a.m.- 10 p.m. Earthfest 2006 at World's Fair Park. Free food, entertainment, children's activities and more! Visit www.earthfest.org or call Alice at (865) 588-8567 for more information.

Apr. 29th - 11 a.m.- 3 p.m. Safety City Knoxville's Safety Fair at 165 South Concord Street. For more information call (865) 215-7103.

Ongoing Activity

You and your Little could have a free garden plot at Beardsley Farm. Located off of Western Ave. on Reynolds St., this farm offers garden plot with enriched soil, seeds, irrigation, tools and assistance. A great opportunity for kids to enjoy growing and caring for a garden. For more information and to reserve your garden plot call (865) 546-3500 or (865) 546-8446. More information at discover.org/cityfarm

Visit the Big Brothers Big Sisters website at www.bbbstnvalley.org and click on "News & Stories" for more events.

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Scott County-Little Big Dinner

The Scott County Little Big Dinner will be held on Tuesday, April 11, 2006 at the Presbyterian Church of Huntsville. Key speakers are Bill Williams of WBIR-TV and Big Brother Willie Boyatt. Admission is \$75 per person or \$550 for a table of 8. All proceeds go to the Scott County Program. For more information contact Tamara Ownby at (865) 523-2179 or (423) 569-6996.

Match Anniversaries

Big & Little

Years

March

Fran Bennett & Wyatt	2
April Bishop & Kayla	2
Quinn Bradley & Francis	1
Scott Conner & Journey	2
Ron Dillon & Cody	2
Shaun England & Gregory	1
Bruce Haas & Benjamin	2
Merv Heuer & DJ	5
Terrin Kanoa & Ruth	1
Jerry Keyes & Justin	1
Ken Levine & Brent	1
Jonathan Lowery & Alex	1
Candi Rochelle & Megan	1
Chad Steele & Patrick	1
Laura Stowers & Sara	2
Lisa Waldo & Jennie	2

April

David Aaron & Brandon	1
Gary & Paulette Anderson & Dy'shawn	1
Willie Boyatt & Rusty	2
Alexandra Deas & Allison	1
Laura Groh & Samantha	1
Fran Hawley & Tara	1
David Hicks & Johnny	1
Scott Higgs & Taylor	1
Jerry Keyes & Chad	7
Susan Lauten & Bobby	1
Elsa Nownes & Chasity	8
Pamela Piliero & Morgan	1

Teresa Riggs & Reanna	2
Asbury Smith & Travon	1
Gary Sturm & Jakolby	7

Congratulations!!!!

Dove Campaign for Real Beauty

The Dove Campaign for Real Beauty is a global effort that is intended to serve as a starting point to change the definition of and to start the discussion of beauty. The campaign supports the Dove mission, which is to make women feel more beautiful every day by challenging today's stereotypical view of beauty and inspiring women to take great care of themselves. The campaign brings awareness to the link between beauty and body-related self-esteem. Dove is using the campaign as an ongoing effort to raise self-esteem in girls and young women. For more information and for a free downloadable online activity guide visit www.campaignforrealbeauty.com

KUB Increases

The TVA Board recently approved a 9.95 % increase in electric rates that will go in effect April 1st. As a result, your KUB electric bill will increase about 7.69%, an average of \$5 to \$6 a month. Your actual increase will depend on your individual consumption habits and the size and energy efficiency of your home.

KUB also approved a 7% water increase that will begin in April. The majority of KUB's residential water customers can expect an increase of \$1 or less a month. The specific increase will depend on how much water a customer uses each month.

You can find tips on how to reduce your electric and water usage below. You can also visit www.kub.org for more information.

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Energy Saving Tips

- Install a programmable thermostat
- Replace heating & cooling filters
- Turn down the hot-water heater thermostat to 120°
- Use cold water for washing clothes
- Add insulation to your house and use weather stripping and caulk to seal cracks.

Water Saving Tips

- Operate dishwashers and clothes washers only when fully loaded. Set the water level to what you are using.
- Do not use water to thaw meat or frozen food, defrost overnight.
- Insulate water pipes.
- Take quick showers instead of baths.
- Turn off the water when brushing your teeth or shaving.

Share these tips with your Little and help them save energy and money!

Chocolate Covered Easter Eggs

Original recipe yields 24

Ingredients:

- ¼ cup butter, softened
- ½ teaspoon vanilla extract
- ½ (8 ounce) package cream cheese, softened
- 1 ¼ pounds confectioners' sugar
- ½ cup creamy peanut butter (optional)
- ½ cup flaked coconut (optional)
- ½ cup unsweetened cocoa powder (optional)
- 1 cup semisweet chocolate pieces
- 1 tablespoon shortening or vegetable oil (optional)

Directions:

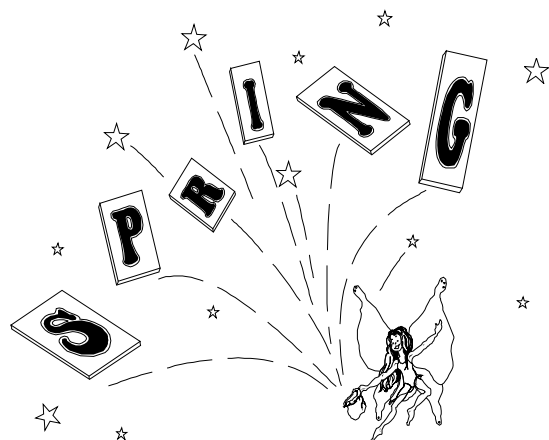
- 1) In a large bowl, mix together butter, vanilla, and cream cheese. Stir in confectioners' sugar to make a workable dough. For best results, use your hands for mixing.
- 2) Divide the dough into 4 parts. Leave one part plain. To the second part, mix in peanut butter. Mix coconut into the third

part and cocoa powder into the last part. Roll each type of dough into egg shapes, and place on a waxed paper lined cookie sheet. Refrigerate until hard, at least an hour.

- 3) Melt chocolate chips in a heat-proof bowl over a pan of simmering water. Stir occasionally until smooth. If the chocolate seems to thicken for coating, stir in some of the shortening or oil until smooth. Dip the chilled candy eggs in chocolate and return to the waxed paper lined sheet to set. Refrigerate for ½ hour to harden.

Scripps Party at Ijams April 21st!!

Scripps Network and Ijams Nature Center have generously donated food, time and space for all of our matched Bigs and Littles. The festivities will begin 6:00 p.m. Save the date for this event and look in the mail for upcoming details about the party! (this event does not apply to school-based matches).



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