

# BIG NEWS

a publication of Big Brothers Big Sisters  
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## Send us your ideas, get a free meal!

We would like to hear from you about an idea for an outing that was successful for you and your Little. We will print your responses in future a future issue of Bigs News. Think of an outing that was enjoyable or sparked conversation for you. We will reward some of the best ideas with a **free** kids meal voucher to an local restaurant. Type up your idea or even a short story about the good time you had and email to [info@bbbstnvalley.org](mailto:info@bbbstnvalley.org) or mail it to us.



## Helping your Little to talk

We in Match Support know that not all children are talkers. Check out these ideas - They could help you get your Little open up to conversations with you. Remember that this is a learning process and communication changes are slow, but can be crucial in some areas of success in life.

**Use open-ended questions.** Questions that begin with "why" tend to create defensiveness, and yes or no questions won't get you much of a response. Learn to use questions that will stimulate conversation. "What did you notice about that picture?" works better than, "Did you like that picture?"

**Use the car as a place for conversation.** You've got their attention! Don't allow video games or other toys to interfere with your opportunity to talk with them. (This can surely be challenging on the phone!) Plan ahead a few topics you could discuss and have something to start with, such as a magazine article.

**Reflect back what you hear from them.** It's still the best way for your kids to feel heard and the best way to encourage them to expand on the subject.

Reflecting examples: "It sounds like you were upset about that" or "So you're saying that ..."

**Talk to them while they're coloring, painting or drawing.** Using these activities to allow your kids to express themselves can have them expressing themselves to you as well. And joining in on the activity yourself can produce an even greater sense of connection and sharing.

**Provide opportunities for fun and excitement.** Whatever the activity, when your kids are doing something they love to do, they'll want to share it with you. Provide these for your kids and listen to them talk about it afterward!

These ideas and many more are at [NaturalFamilyOnline.com](http://NaturalFamilyOnline.com) - Try typing TALK in the search box at the bottom.

Find more great articles at [RuthPeters.com](http://RuthPeters.com), such as "Getting Kids to Talk About Their Day."



## Bigs Night Out- June 29<sup>th</sup>, 6:30 - 8:30 p.m.

Thursday June 29<sup>th</sup>, guest speaker, Martie Glenn from St. Mary's Health will speak to Bigs about health, nutrition, exercise and hygiene. This is an opportunity for you to learn ways to help encourage your Little to be healthier and more active. **Bigs Night Out will be held at our office located at 4928 Homberg Dr. Suite B3.** Please RSVP to [sgarrett@bbbstnvalley.org](mailto:sgarrett@bbbstnvalley.org) by June 26<sup>th</sup> if you would like to attend. Again, this is at our office, unless the attendance is wonderfully big.

**LET US KNOW** what you would like from future "Bigs Night Out" events! Any topic is a possibility for a discussion – we want to provide the ideas or support you need most. Please send an email to [sgarrett@bbbstnvalley.org](mailto:sgarrett@bbbstnvalley.org) with the subject BIGS NIGHT OUT IDEA.





## Match Support – We're here for you!

**WHY?** Are you aware that our policy requires us to contact you monthly during the first year of your match. We hear your joyful successes, frustrations and challenges and hope to offer suggestions and help avoid hindrances to a fun and fruitful friendship. We know that most matches are generally doing well, but that any match (or any relationship) can go through highs and lows.

### Issues we look to help you through include:

- Misunderstandings your child (or the guardian) may have about you or activities.
- Difficulties with contact or pick-up & drop-off
- Hearing the Little's or Guardian's side and relaying the information to you. Sometimes they just don't want to tell the volunteer but a situation or feeling could be discussed and improved.
- Updating you on life events that the Little isn't telling you about, such as absent parent, school problems or issues in your Little's home.
- Addressing your feelings, perhaps about your Little's habits or non-expression of gratitude, interest or pleasure. Sometimes the Guardian tells us how much the Little loves being with you but it appears to you there is little interest.

Finally, there are patterns that happen in the phases of a match relationship and we have heard so many stories that we have collective knowledge and ideas to share with you. We hope to support you and meet your needs, so be open and tell us concerns, ask us questions, and we'll do our best to be on your team.

Team member changes: our beloved Kara has been our Match Support Specialist extraordinaire for countless matches in addition to the many other responsibilities she has taken on, including this newsletter. She has moved on to use her Psychology degree in another family service non-profit agency. We are also losing Amachi Match Support Specialist Jeff Young as he goes to linguistics training in Dallas, TX, in preparation for overseas work in literacy and Bible translation. Congratulations! Our other match support staff will handle your calls until new staff is well trained for the work.

*Free or inexpensive*

## Cool Ideas for fun summer outings

**Wet fun is free**, check out the fountains at the World's Fair Park and on the Volunteer Landing walk along Neyland Drive. Try swimming in the area, at Douglas Lake & Dam, Fontana Lake (Lenoir City), Norris Lake & others.

**Ijams Nature Center**, take a walk on a shady path near the river. Upon entering, go left and park at the end by the park map. 577-4717, [ijams.org](http://ijams.org)

**Knoxville Zoo**, with Kid's Cove wet play area, 637-5331, daily 9:30-4:30, adults \$15, 3-12 \$11. An annual pass is \$60, a great value with younger kids, and includes parking. [knoxvillezoo.org](http://knoxvillezoo.org)

**The Gardens at the University of Tennessee**, free, along Neyland Drive, see info online at [utgardens.tennessee.edu](http://utgardens.tennessee.edu)



The following ideas & more are listed at [knoxville.org](http://knoxville.org) where you can also request a visitor's guide.

## Summer Events 2006

We verify all these events that we can, but you should get updated information before making your plans.

**June 30-July 1, Daylily Festival 2006** in Corryton, TN, 10 to 4, free + free flower. Visit A 6 acre display garden. Also open 9-2 on June 16, 17, 23, 24, and July 7, and 8. More information: [oakesdaylilies.com](http://oakesdaylilies.com) -> [about us](#) -> [visit us](#) or Call 687-1414. On Monday Rd.

**July 4<sup>th</sup> Festival on the Fourth** at World Fair's Park. Call 215-4248.

**July 5-7 Area IV Livestock Expo** at Chilhowee Park, free by 4H. Wed. 11 to 9, Thu. & Fri. 8 to 5, call 215-1450, Park Administration.

**July 20-23, 27-30, Aug 3-6, Shakespeare on the Park**, 7:00pm, call Tom Parkhill 546-4280.

**July 25 (Tuesday), Mayfield Ice Cream Day**, at Market Square, 11-2 PM, free ice cream scoops!

**Aug 5<sup>th</sup>, Cherokee Heritage Day**, at James White Fort 10-5 PM, call Sam Maynard 525-6514

**Aug 5<sup>th</sup>, Fire Rescue Challenge**, at Chilhowee Park, 8-4 PM. Call 215-1450.

Aug 11-13, Motorsports Autoshow at Chilhowee Park, \$20 age 12+. Web: [www.autoshow.cc](http://www.autoshow.cc)

See [www.knoxville.org](http://www.knoxville.org) Events Calendar for more!

## Blount County Activities

### SUPERVISED SUMMER GYM PROGRAMS

Alcoa and Eagleton Middle School gymnasiums will be open weekdays June 5-30 from 10 AM-3 PM to youth Ages 6 years and older, free of charge for supervised activities and free play. Children are encouraged to bring a snack and drinks if staying for extended periods, remember to keep hydrated!

### SUMMER YOUTH BASKETBALL LEAGUE

Summer youth basketball program is available **free of charge** to boys and girls Ages 8-17 in two groups: Ages 8-12 Co-ed and Ages 13-17 Co-ed. Games will be played on Tuesday s and Thursdays in June and July at the Martin Luther King, Jr. Community Center. Volunteer coaches and officials are needed. For more info, call the MLK Center at 983-1954.

### FREEDOMFEST 2006

This popular early celebration of Independence Day held at the Alcoa Duck Pond on July 1 (Raindate: July 2), features musical entertainment, food and free games and activities for children. The evening ends with a spectacular fireworks show at dark. For more information, contact the City of Alcoa at 380-4700 or go online at [parksrec.com](http://parksrec.com) – these events listed there.



## Carbohydrates, Sugar, and Children

**As a volunteer, you have the opportunity to model and experiment with healthy foods with your Little. People adapt to different foods best if changes are made gradually, and with understanding. Consider learning about carbs and healthy grains so you can, over time, share the knowledge that could affect your Little's health for a lifetime.**



Often called carbs, carbohydrates are the body's most important source of energy. The two major forms are: **Simple sugars** (simple carbohydrates), found in sugars such as fructose, glucose, and lactose, as well as in nutritious whole fruits, *and in high concentrations* in fruit juice and soda. The other form is in **starches**

(complex carbohydrates), found in foods such as starchy vegetables, grains, rice, and breads and cereals. These are the most beneficial carbs and include fiber.

Carbohydrates in some foods (mostly those that contain simple sugars and highly refined grains, such as white flour and white rice) **cause your child's blood sugar level to rise more quickly** than others do. Complex carbohydrates, (found in whole grains) are broken down more slowly. High sugar diets may increase risks of diabetes and heart disease.

**Good sources of carbohydrates include: whole-grain cereals** (Corn and rice grains may not be as good), **brown rice, whole-grain breads** (avoid "Enriched wheat flour"), **vegetables, and fruits.**

Dietary guidelines are pushing for Americans to eat more unrefined (often called "good") carbohydrates by saying that everyone - including kids and teens - should increase whole-grain consumption and limit their intake of added sugar. For children, at least half of their grain intake should come from **whole grains.**

go. Whole grains are complex carbohydrates (like brown rice, oatmeal, and whole-grain breads and cereals) that are **broken down more slowly in the body.** The flour in many foods is "enriched wheat flour"; it is required by law that they "enrich" it by adding back in *some* of the nutrition that is removed in the process. Whole grains are a wonderful source of vitamins and minerals, but "enriched wheat flour" is just fluff. Whole grains are **high in fiber.** Fiber helps foods be filling and, therefore, discourage overeating. Plus, when combined with adequate fluid, they help avoid gut cancers and constipation.

And if that's not enough, studies indicate that eating whole grains reduces long-term risks of cancer and heart disease!

### Sizing Up Sugar

Foods that are high in added sugar (some fruit juices, pastries, cookies, cake, candy, frozen desserts) tend to also be high in calories and low in other valuable nutrients. As a result, a high-sugar diet is often linked with obesity.

One way to cut down on added sugar in your child's diet is to eliminate soda. Not only can drinking sweetened sodas lead to the erosion of the enamel of the teeth from the acidity and dental cavities (or caries) from the high sugar content, consider these statistics:

- Each 12-ounce serving of a juices and soft drinks has almost 10 teaspoons of sugar and 150 calories. Sweetened drinks are the largest source of added sugar in the daily diets of U.S. children. **Drink clean water instead** to help hydrate and clean out your system.

- Consuming one sweetened soft drink can per day increases a child's risk of obesity by 60%. Instead of soda or juice drinks, offer your child low-fat milk or water.

**Figuring Out Carbs and Sugar**

It isn't always easy to tell which foods are the best choices and which aren't, just by looking at the labels. To figure out carbohydrates, look under **Nutrition Facts on food labels**, where you'll find three numbers for total carbohydrate: the total number of carbohydrates, the amount of dietary fiber, and sugars.

- **Dietary Fiber:** Listed under total carbohydrate, dietary fiber itself has no calories and is a necessary part of a healthy diet. More fiber in your diet may help reduce the risk of colon cancer, and can help reduce cholesterol levels. It also can absorb some fat and sugar, a real big bonus.

- **Sugars:** Check food labels for the grams of sugar. You may be surprised to see sodas *and* juices having 30-50 grams of sugar, and the amount in most cereals is astounding. Also added in unnecessary amounts in yogurt, applesauce and anything targeted at kids.

**Making Carbohydrates Part of a Healthy Diet**

Ensuring that your child's getting a balanced, nutritious diet isn't as hard as it may seem. Simply make good carbohydrate choices (whole grains, fruits, veggies, and low-fat milk and dairy products), stock your home with healthy choices, limit foods containing added sugar (especially those with little or no nutritional value), and encourage your child to be active every day. Above all, be a good role model. Your child will see your wholesome habits and learn to apply them to leading a healthy lifestyle throughout childhood and into adulthood.

As a Mentor and example in the life of your Little, be healthy when together! Suggest sharing a salad if you have to go to a fast food restaurant, talk about reducing fried foods, talk about long-term health and find ways to enjoy healthy eating and activities together! Life-change could happen!



**Match Anniversaries**

**Big & Little                      Years matched**

*May*

James Ashe & Nathan	2
Stanley Cupp & Thomas	1
Julie Draper & Noah	3
Harriette Hartsel & Jamiya	1
Rob Hutt & Day'Quan	2
Jacky Ingram & Lennox	1
Dawna Landis & Amanda	3
Diane Lanzarotta & Nicole	9
Bill Tuberville & Tyler	1
Kurt Turnbull & Nicholas	1

*June*

John Bates & Mykal	1
Melissa Chimenti & Shaquita	2
Hogue Crossley & Jesse	1
Jonathan Grimes & Cory	5
Seth Grossman & De'Vonte	1
Amy Hassenboehler & Crystalin	1
Tyler Lloyd & Zack	1
Kim Morrow & Lori	2
Jason Owens & Jonathan	1
Shundrikka Owens & Darica	1
Jerry Shelley & Shakeira	1
John Shoemaker & Brayden	6
Judy Shropshire & Katie	4
Beverly Smith & Leanna	1
Dawn Smith & Crissy	1
Linda Wilson & Cumesha	1
Whitney Wilson & Jada	1

**Congratulations!!!!**

Thank you for returning your match surveys and making use of our "Goodie Box"