



**Big Brothers Big
Sisters of South
Central Ohio**

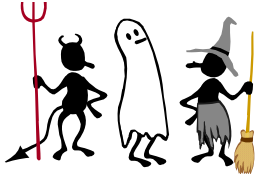
September
2010

K.I.D.S

(Karing Individuals
Doing Service)

173 W. Second St., Chillicothe, OH 45601
(740) 773-2447 TDD (740) 773-2447 Fax (740) 773-9072
E-mail bhbssoc@bright.net
Webpage <http://www.bhbssoc.org>

**The events are open to our Bigs, Littles, Bigs for the Day and Board members. They are not open to the general public! Please call our office to inquire how to become involved with our agency.*



October Bash

It's Time for Ghosts & Goblins

Please plan to join us for our October Bash. Petland will be on hand with their animals. We'll also have crafts, games (Wii & Cornhole), pumpkin carving and more. Lunch and snacks will be provided. Make your plans to join us for a great afternoon!

When: Saturday, October 30th

Time: 11-2 p.m.

Where: New Hope Church of God

Kinnamon Lane – Pleasant Valley

Call In By: October 25th



Directions:

From Circleville- Take route 23 South. Take the 207 Exit ramp and turn right onto 207 South, which turns into 104 South. Merge onto 35 West toward Dayton. Take the Pleasant Valley Rd. Exit and Turn left onto Pleasant Valley Rd. Turn right at the light by the gas station. Continue on Pleasant Valley Rd. and turn right onto Kinnamon Lane. The church is located on the right.

From Hillsboro – Take route U.S. 50 East. Turn left onto Veterans Parkway. Turn left onto Pleasant Valley Rd. at the light by the gas station. Continue on Pleasant Valley Rd. and turn right onto Kinnamon Lane. The church is located on the right.

From Waverly -Take route 23 North to 35 West toward Dayton. Take the Pleasant Valley Rd. Exit and Turn left onto Pleasant Valley Rd. Turn right at the light by the gas station. Continue on Pleasant Valley Rd. and turn right on Kinnamon Lane. The church is located on the right.

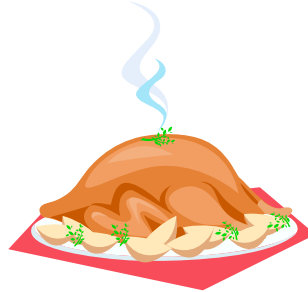
Hope to see you there!

Thanksgiving Breakfast

Gobble, Gobble, Gobble

Our Board of Directors is planning another great breakfast for us. If you haven't attended this event before, they are pretty good cooks and there is always plenty of food! So, kick off the holiday season and join us for breakfast. We're still working on the entertainment, so it will have to be a surprise!

When: Saturday, November 6th
Time: 10 a.m. - noon
Where: St. Peter's Church Hall
126 Church St. – Chillicothe
Call In By: November 1st



From 23/35 -Take the High Street exit off route 35 and turn left (if you are coming from the east) or right (if you are coming from the west). Follow High Street to Water Street and turn right onto Water Street. Turn right onto Church Street and St. Peters Church is on the corner of Water and Church Streets.

From 50 – Take route 50 into Chillicothe and it will turn into Western Avenue. Take Western Avenue to Water Street (Moto Gas Station on the corner) and turn left onto Water Street. Turn left onto Church Street.

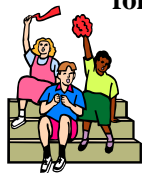
Hope to see you there!!



Thank You! Thank You! Thank You!

The agency would like to thank the

- Ruth & David Pabst for their donation of books.
- Doris & Ron Boring for their donation of school supplies.
- Kohl's Department Store for their recent grant.
- First Presbyterian Church in Hillsboro for their recent donation.
- Terry Boike, Cindy Wilson, Tonya Askren and the Paint Valley ADAMH employees for their help with our booth at the Highland County Fair.
- Angie Trego & The Harley Owners Group for another great event!



following:

- Jim Butt, Andrew M., Lauren Kinker, Bralynne H., Ben McAdams & Queen Lester for being "The Stars" for our marketing campaign.
- Charity Wheeler, Josh R., Zachary C., Wayne Holland & Hal Williamson for being our team for the United Way Wing Eating Contest. It was great fun to watch and participate even though we didn't win. Our name was the "Big Chickens"!
- A huge thank you to Deb Main for all of her work on our marketing campaign!

A Very Special Thank You

I wanted to thank the Arby's Restaurants in Chillicothe, Circleville, Ashville, Waverly, Portsmouth, New Boston & Wheelersburg for the fund raising campaign that they did for us in May & June. They sold paper logos for us and thanks to their efforts and hard work, our

agency received \$6,551.35! They always do a great job for us and we really appreciate all of their support. Help us thank them by dining at one of the restaurants!!

Harley Outing

We would like to thank Angie Trego and the Harley Owners Group for hosting our 12th Annual Harley Outing. We had a great time and the kids sure do enjoy the motorcycles. It wouldn't be September without our Harley Ride! We would also like to thank those who made donations to the event:

Pepsi & Michael Brady
Herr's
Acords Pizza & Subs
Donatos
Pizza Hut – Bridge St.
Pizza Hut – Western Ave.
Papa John's Pizza
Cristy's Pizza
Valero South Paint St.
Ross County Sheriff Department
Giovanni's – Western Ave.
Harley Owners Group

It's great to have such wonderful support from our community and the Harley Owners are an awesome group!



Match of the Month

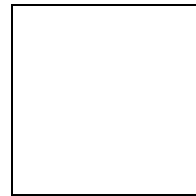
Harold and Bobby were matched on April 28, 2005. They have been matched since Bobby was a sixth grader at Everts Middle school. Harold has watched Bobby grow and has enjoyed watching him make good decisions. Harold has been a constant male in Bobby's life and was even there when Bobby pitched his first baseball game. He has attended Bobby's ball games, helped him with his Algebra and advanced math classes, built a computer for him from old computers around his house, taught him gun safety, attended musicals in which Bobby performed, and helped teach him to lay bricks, while learning himself.

Harold and his wife Mary have included Bobby in many of their family outings. Bobby was included in a gathering that Harold and Mary attended which ended in a trip to the emergency room. Bobby is allergic to bee stings and was stung while playing. Harold and Mary cut their visit short and took

Bobby to the emergency room so he could be treated. Luckily everything was fine and Bobby recovered quickly.

In the fall of 2006 Harold and his wife began sponsoring foreign exchange students. This opened up a whole new world for Bobby to explore. He became involved with the AFS group at Circleville High School and enjoyed getting to know the three students that Harold and his wife sponsored. This is not the first time that Harold has volunteered as a Big Brother. He was matched on May 17, 1995 with his first little brother, Nick. They continued their match until Nick graduated in 2001. He still receives notes, or e-mails from Nick periodically.

Harold has participated in 9 BFKS events in the combined 11 years he has been a Big Brother. He has also remembered us each year when his company donated funds based on each employee's volunteerism. One year, his company entered him in a contest based on his volunteer hours, for an all expense paid trip to see Ohio State play in the Fiesta Bowl in Arizona. Harold won and enjoyed his trip even though Ohio State lost. One thing that hasn't been lost is Harold's impact on two young men in the Big Brothers Big Sisters program. Though Harold and Bobby may not see each other as much as they did when Bobby was a sixth grader, they continue to see each other and Bobby knows that he can always count on Harold to be there. Congratulations on a great match.



Anniversaries

September

BS Amy R. & LS Perlina D.
(6 years)
BS Terry B. & LS Debbie W.
(2 years)
BS Kelly G. & LS Brooke M.
(6 years)

October

BB Jason B. & LB Jeffrey H.
(4 years)
BS Lori M. & LS Kindra H.
(1 year)

New Matches

BS Debbie P. & LS Marriah M.
(8/19/10)
BS Robbi D. & LS Victoria O

Calendar of Events

October 30th – Fall Party
November 6th – Thanksgiving Breakfast
December 7th – Christmas Party

S.C.O Big Brothers/Big Sisters
173 W. Second St.
Chillicothe, OH 45601

NON-PROFIT
US Postage Paid
Chillicothe, OH
PERMIT No. 312

The events are open to our Bigs, Littles, Bigs for the Day's and Board members.

They are not open to the public! Please call our office to inquire how to become involved with our agency.

**SOUTH CENTRAL OHIO
BIG BROTHERS/BIG SISTERS
ASSOCIATION BOARD OF DIRECTORS**

Officers

Ronde Cook-Brushart – President
Joyce Atwood - Vice-President
Nan Sklenar – Treasurer
Luke Feeney- Secretary

Members

Cheryl Barlage
Meredith Tomlinson
Dennis Bothel
Gail Carpenter
Brad Green
Alicia Gray
Lawrence Halm
Wayne Holland
David Manuta

Scioto County Advisory Board

Valerie Webb

Highland County Advisory Board

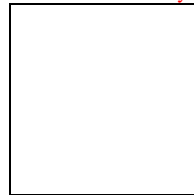
Tonya Askren
James Crowe
Melanie Hamilton
Brandy Pitzer
Terry Mull
Cindy Wilson

Committee Members

Nelson Coleman
Queen Lester
Mark McAlees
Brooke Adams
Deb Main
Nancy Ames
Robin Holland
Al Rupiper
Emily Gerber Poe
Kevin Norman
Tami Schumaker
Aaron Brown

Staff

Charity Wheeler – Enrollment, Match, Match
Support Specialist
Christy Schreick – Enrollment, Match, Match
Support Specialist
Erin Miller – Enrollment, Match, Match Support
Specialist
Teresa Graham – Office Manager
Kim Holbert – Assistant Director
Karen McDonald-Myers - Executive Director



Office Information

Main Phone # 773-2447 or 1-800-888-6335

Adena Health
Foundation Grant

We would like to thank the Adena Health Foundation for their recent grant for Volunteer Recruitment. The grant will focus on recruiting volunteers to match with our 130 Ready To Be Matched Kids. It will also allow us to hold "Vision Meetings" to educate people on our programs and the impact that it has on the children we serve.

We need your help!

If you know of a club, organization, church, employee group or anyone else that we can speak to, please contact me with the information and details. Also, if your company has a Newsletter, we would like to do a story or article for it. We need your help to make this campaign successful. Please call or email Karen with any ideas.

Help us find more volunteers so we can help more kids.



By Karen McDonald-Myers
Executive Director

It's hard to believe that the holiday season is just around the corner and it will be here before we know it! We have several great events coming up for the kids over the next several months and could use your help.

Thanks to a grant from the Adena Health Foundation, we have started a marketing campaign to recruit more volunteers. We currently have 118 kids who are waiting for a volunteer mentor and we need your help to get them matched! If you know of someone who would be a good volunteer, please invite them to join you at one of our events!! It is a great way to introduce people to our program and let them meet our great kids!

Also, if you know of a group that we can speak to or do a presentation to (churches, organizations, clubs, etc.), please let me know and I would be happy to talk to them.

We have great kids who "need someone like you" so **Start *Something*** today by helping us recruit more volunteers!

HAPPY BIRTHDAY

SEPTEMBER

- 01 - LS - Jade R.
- 02 - LB - Trystin D.
- 03 -BS - Christina M.
- 08 - LB - Killian R.
- 13 - LS - Perlina D.
- 14 - LS - Destiny G.
- 15 - LB - Raymond P.
- 19 - LS - Candice J.
- 22 - BB - Jason B.
- 26 - LS - Alexis L.
- 27 - LB - Daniel P.
- 28 - LB - Willy D. III
- 29 - LB - Noah C.



OCTOBER

- 01- BB - Patrick P.
- 03 - LS - Trista B.
- 03-- LB - Bryce B.
- 04- BB - Christopher S.
- 04- LB - Logan G.
- 07 - LS - Taylor T.
- 10 - LB - Jacob S.
- 12 - BB - Gail C.
- 12 - LS - Maira M.
- 13 - BB - John W.
- 17 - LB - Dylan B.
- 18 - BS - Carol G.
- 19 - LS - Stephanie A.
- 19 - LS - Amber P.
- 20 - LS - Crystal S.
- 20 - LS - Madison C.
- 24 - LB - Micheal J.
- 25 - LS - Bralynne H.
- 27 - LB O Tyronne B.

WHO CAN GET FREE SCREENINGS?

You may qualify if....

- You have a limited income
- You have no health insurance
- You do not have Medicare
- You do not have Medicaid

If you are age 50 or over:

You can get a free
Clinical Breast Exam,
Pelvic Exam,
Pap Test*
and
Mammogram.

If you are age 40 and over:

You can get a free
Clinical Breast Exam,
Pelvic Exam,
and
Pap Test.*

*Women who have had a hysterectomy may not qualify for an annual pap test.

Risk factors for Breast Cancer

- Aging
- Personal or family history of breast cancer
- Early onset of menstrual period
- Late onset of menopause
- Recent use of birth control pills
- Long-term use of postmenopausal hormones
- Having first child after age 30
- Consuming two or more alcoholic drinks per day
- Obesity and high fat diet
- Inherited breast cancer genes

Risk factors for Cervical Cancer

- Multiple sexual partners
- Sex at an early age
- Smoking
- Sexually transmitted infections, particularly HPV
- Having a sexual partner who has had multiple sexual partners

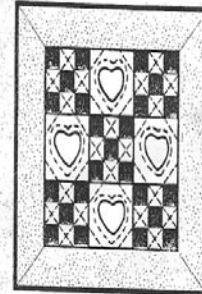
*Cancer Facts and recommendations from
the American Cancer Society*

SOUTHERN OHIO WOMEN'S CANCER PROJECT

Ross County Health District
475 Western Ave, Suite A
Chillicothe, Ohio 45601
1-800-944-2232
740-779-9661 FAX
sowcp@horizonview.net

Funded by the Ohio Department of Health/Federal Government
Bureau of Health Promotion and Risk Reduction
Ohio Breast and Cervical Cancer Project

SOUTHERN OHIO WOMEN'S CANCER PROJECT



FREE
CLINICAL BREAST
EXAMS,
MAMMOGRAMS,
PELVIC EXAMS,
PAP TESTS

775-7332
(In Ross County)

1-800-944-2232

Frankenstein's Jell-O Monster

from **FamilyFun Magazine**



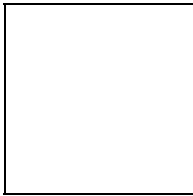
When made of Jell-O, this creature isn't such a frightful fellow. He is, however, a wee bit jiggly -- and sure to make your children giggle. (Party tip: Prepare steps 1 through 3 ahead of time and let the guests do steps 4 and 5 at the party before they eat the monsters.)

Ingredients

- Black and red 3-D paint and brushes (scars and mouths); we used Scribbles & Tulip Slick brands
- Ceramic plate
- 3-ounce box of Jell-O lime gelatin (makes 2 monsters)
- 9-or 10-ounce, 4-inch-tall clear plastic cup

- Table knife or spoon
- 2 Maraschino cherries (eyes)
- Double-sided tape
- 2 Rolos (neck bolts)
- Crushed Oreos (enough for hair)

Instructions



1. Paint scars and mouths on a ceramic plate as shown (squiggly mouths and "stitches" are covering a plate). Let them air-dry over night.
2. Prepare the gelatin according to the package directions. Pour slightly cooled gelatin into the cup, stopping 1/2 inch from the top.
3. Refrigerate until the gelatin is partially gelled, then remove the cup from the refrigerator and use a table knife or spoon handle to push 2 cherry eyes into the gelatin. Refrigerate again until the gelatin is completely set.
4. Use double-sided tape to attach the neck bolts. Peel the scars and mouths off the plate and place them on the cup (they'll adhere like Colorforms). If it's difficult to peel the shapes off the plate, stick the plate in the refrigerator for at least 10 minutes, and they should come off easily. Variation: it may not look as cool as the paint, but kids can also use a permanent marker to draw the face on.
5. Cover the top of the gelatin with crushed Oreos hair. Don't wait too long to gobble up the monsters, or the hair will get soggy.