

# Big News



Big Brothers Big Sisters  
of Eastern Missouri

October– December, 2009

## Information for Parents

The first semester of the school year is the best time to get your kids in a recurring daily ritual. To help, consider the following tips:

- Make sure kids eat a healthy breakfast each morning to start off the day.
- Over breakfast talk about each person's plans for the day and the family schedule.
- After school, make sure homework is a priority, or agree to sit down together to work on it after dinner.
- Make sure the alarm clock is set before going to bed so kids are up in time to catch the bus and get to school on time.
- Make sure kids get at least eight hours of sleep each night.

## Match Activities

**Saturday, October 24<sup>th</sup> Theis Farm - 10am -12pm.** Come out with other BBBS matches to Pumpkinland at Theis Farm! Pumpkinland has straw mazes, slides, swings, cable gliders, wagon rides, and of course PUMPKINS! Admission price is \$5 per child and \$3.25 per adult. Pumpkins can be purchased separately.

**Sunday, November 15<sup>th</sup> Upper Limits Climbing Gym - 6 –9 pm.** Upper Limits has given us another great opportunity to come and use their facility for FREE!! We will get an instructional session on how to tie knots, belay, safety tips for climbing and much more. Afterwards there will be free time to rock climb at your own pace. All climbers will need to fill out a waiver (parents will need to complete the waiver ahead of time for Littles). You can go to [www.upperlimits.com](http://www.upperlimits.com) to get a copy of the waiver or we can send you one!

**Science Center Investigations!** Matches who have **Littles in grades 3-6** are invited to participate in monthly group science "investigations" led by Science Center staff. This semester's investigations will focus on physical and life sciences. You don't have to be a science expert, just come with an open mind and they will supply the science know how and materials!!

- **Saturday, October 17<sup>th</sup> "Icky Sticky Science" Investigation** - A hands-on investigation of different states of matter.
- **Saturday, November 21<sup>st</sup> "Design Engineering" Investigation** - A hands-on investigation of force and motion.
- **Saturday, December 5<sup>th</sup> "Cooking Chemistry Investigation"** - A hands-on investigation of cooking and mixtures.

All investigations are held from 2-4pm at the Taylor Community Science and Resource Building (4900 Manchester Rd.) You must RSVP to your Match Support Specialist no later than the Monday before the event.

## **Special Workshops for BBBS Parents and Caregivers**

**A Chance to Get Great Information and Meet Other Parents!**

### **"Weatherizing Your Home"**

**Date: Thursday, November 5, 2009**

**Time: 6:00-7:30 pm**

### **"Child Safety Workshop"**

**Date: Tuesday, November 10, 2009**

**Time: 6:00-8:00 pm**

Participants who attend the "Weatherizing Your Home" workshop will have the opportunity to apply for financial assistance on their own home repair project. **\*Some restrictions apply.**

**Location: Big Brothers Big Sisters- 501 N. Grand, St. Louis, 63103**

On-site childcare is available if needed.

There is limited space for these workshops so let us know if you can make it!

RSVP No later than **October 29<sup>th</sup>** to your Match Support Specialist.

Snacks and beverages will be provided.



Big Brothers Big Sisters  
of Eastern Missouri





**Big Brothers Big Sisters**  
of Eastern Missouri

501 North Grand Blvd., Suite 100  
St. Louis, MO 63103

Non-Profit Org.  
U.S. POSTAGE  
PAID  
St. Louis, MO  
Permit 1622

**Give us a call!!!**

**St. Louis Office**

**314-361-5900**

**Cheryl Landzaat**

314-633-0027

**Liz Kleiner**

314-633-0045

**Anne Walkenhorst**

314-633-0022

**Ruby Jones**

314-633-0051

**Kary Cauldwell**

314-633-0039

**Jamie Pfau**

314-615-1057

**Kaisey Sabine**

314-615-1056

**Liz Reinhardt**

314-633-0046

**Bryan Range**

314-615-1059

**Rochelle Albright**

314-633-1534

## Special Congrats to our Matches with Anniversaries in the months of October, November & December!

### 12 Years

BS Betsy Cuneo & LS Sherita  
BS Holly Hamilton & LS Laneshia

### 9 Years

BS Crystal Fowler & LS Anissa  
BB Jeffrey Greenfield & LB Jeffrey

### 8 Years

BB Sidney Reedy & LB Matthew

### 7 Years

BB Jason Wagenknecht & LB Mack  
BS Chad & Jennifer Stockel & LB Aaron  
BB Rob McDonald & LB Sean  
BS Brooke Scott & LS Chelsea  
BS Dana Metzler & LS Sharelle  
BB Jack French & LB Trevion  
BS Stephanie Lange & LS Carisha

### 6 Years

BB Will Stern & LB Andrew  
BS Carolina Rosales & LS Jaysha  
BB Jack Nichols & LB Phillip  
BS Brigitte Foley & LB Keylon  
BB Marlon Lee & LB Na'eem  
BB Kevin Duggan & LB Gabriel  
BS Stacy Shupe & LS ShaNair  
BS Kristen Young & LS Jessica  
BB Steve Page & LB Donovan  
BB Paul Lenhart & LB Jacob

### 5 Years

BB Michael Deal & LB Michael  
BS Cyndi Clamp & LB Hykemmm  
BS Catherine Kinsman & LS Myra  
BS Jessica McLard & LS Auna  
BS Michele Munz & LS Jada  
BS Sandy Tabron & LS Jermisha  
BS Carine Doyle & LS Ibriana  
BS Jaysa Pfaff-Weiser & LS Kamesha  
BB Adam Tsacoumangos & LB Curtis  
BS Tammy Jackson & LS Stephanie  
BS Amy Close & LS Sashae  
BS Runette Travis & LS Suhad

### 4 Years

BB Chad Silker & LB Darion  
BS Laura Riegel & LS Alexius  
BS Kathy Bove & LS VonNette  
BS Nicole McDaniel & LS Joelle  
BS Elizabeth Parker & LS Dearra

BS Christy Butero & LS Chaquell  
BS Leslie McKinney & LS Salathia  
CP Vince & Christina Bennett &  
LB Jamaal  
BS Rebekah Bahn & LS Jasmine  
BB Dan Rossini & LB Keith

### 3 Years

BS Amy Ruiz & LS Dajsha  
BS Judy Friedman & LS MaKayla  
BS Laura Haller & LS Iesha  
BS Kathryn Nieman & LS Kayla  
BS Alexandria McCuieu & LS Charael  
BS Elizabeth Jenkins & LS Jasmine  
BS Annie Philipps & LS Shay  
BS Jenny Beach & LS Brandy  
BS Niki Menos & LS Samantha  
BB Tracy Austin & LB Xavier  
BB James Brooks & LB Christopher  
BB Jason Brauss & LB Terrell  
BS Gabrielle Martin-Ballard &  
LS Markisha  
BS Mindi Yawitz & LS Sydney  
BB Casey Sullivan & LB Jeremy  
BS Jessica Gilles & LS Shay  
BB Christopher Hines & LB Alex  
BB Dan McDougell & LB Jackie

### 2 Years

BS Tammy Scott & LS Janelle  
BB Brent Cowin & LB Darrion  
BS Tiffany Days & LS D'Angela  
BB Sid Chakraverty & LB Aaron  
BS LaTonya Jackson & LS Summer  
BB William Penson & LB Troy  
BS Lucretia Payne & LS Jasmine  
BB Henry Laughlin II & LB Ryan  
BS Tonya Page & LS Dejanique  
BS Rachel Ervin & LS Antonette  
BS Megan Simmons & LS Kierra  
BS Linda Marks & LS Jamesha  
BB Dave Moore & LB Roger  
BS Liz Sharpe-Taylor & LS Tunyaia  
BS Colleen Brady & LS Jaye  
CP Jamila & Dan Luaders & LB Sam  
BB Josh Blough & LB Stafford  
BB Michael Kuhn & LB Gregory  
BB Demetrius Johnson & LB Darrion  
BS Kathleen Souder & LS Myracle  
BB Charles Sills & LB Anderson

BS Maaria Seider & LS Kahli-la  
BB Manuel Rivera & LB Dakota  
BS Rachael David & LB Kenyeta  
BS Monika Jankowiak & LS Charlotte  
BS Melissa Kingsbury & LS Crystal  
BS Jenny Hartge & LS Denise  
BS Nichole Woodard & LS Fercedes  
BS Carrie Hennessey & LS Shanya  
BB Mike Spitz & LB Eric  
BB Travis Hesser & LB Avery  
BB Matt McCoy & LB Michael  
CP Dustin & Wendy Ahearn &  
LB Bailey  
BS Stephanie Potthast & LS Kaniesha  
BB Matt Grossmann & LB Chris  
BB Ken Cohen & LB Rein  
BS Cari Roettger & LS Shantrese  
BS Jeana Tovar & LS Briana  
BB Joseph Barbieri & LB Michael  
BS Julie Truskowski & LS Jameia  
BS Johnda Green & LS Canicia  
BS Jessica Corwin & LS Makayla  
BB Gerald Bowen & LB Khalil

### 1 Year

BS Bridget Foreman & LS Brice  
BS Katie Jacknewitz & LS Mia  
BB Mike Richter & LB Leslie  
BS Veronica Buddeke & LS Airrelle  
BB Marcus Woods & LB Curtis  
BS Katie Morgan & LS Tahiya  
BS Bethany Klausing & LS Telisha  
BS Jodi Hon & LS Tiana  
BS Brandy Barker & LS Jalisa  
BS Heidi Atwell & LS Anissea  
BS Patricia Tripp & LS Tamara  
BS Laura Cross & LS Christian  
BS Megan Isaacson-Schmid & LS Jayla  
BS Elsa Berman & LS Taneisha  
BB Justin Collins & LB Devonte  
BS Jamaica Duane & LS Charlotte  
BS Marsha Montgomery & LS Eunicia  
BB Tracy Glover & LB Robert  
BB Edward Brown & LB Quienton  
BB Christopher Blaesing & LB Montell  
BS Katie Kieffer & LS Sarah  
BS Devin Dixon & LS Imani  
BS Sowande' Mustakeem & LS Tanisha  
BS Kim Jones & LS TeAirra  
BS Celeste Dotson & LS Carnasha

BB Roderick Cooper & LB Jason  
BB Kyle Steiner & LB Charles  
BS Stephanie Faragalla & LS Kayaira  
BS Tawanda Story & LS Dasia  
BB Wilfred Campbell & LB Kevin  
BB Ron Montefalcon & LB Tyirese  
BB Chris Whitfield & LB Jakhi  
BS Martine Wisotsky & LS Deja  
BS Whitney Priebe & LS Ciara  
BS Jessica Estes & LS Shanese  
BB Luis Rios & LB Reginald  
BB James Perry & LB Djuan  
BB John Reagan & LB Norvell  
BS Rebecca Anderson & LS Kailey  
BS Erin Jackson & LS Maja  
BS Lou-Kendra Holloway & LS Sky  
BS Tonya Vernon & LS O'Lishia  
BS Rita Witges & LS Kaytriana  
CP Alex & Jessica Shipp & LB Jaylon  
BS Stephanie Botos & LS Allyssa  
BB Jason Stalberger & LB Joshua  
BS Quiana Benson & LS Tara  
BB Chad Kerr & LB Jaylen  
BS Shannon Twitty & LS Faith  
BS Melissa Weber & LS Nadia  
BS Alyssa Horn & LS Christian  
BS Sheraine Gilliam & LS Shuvanna  
BS Erin Greenman & LS Kayla  
BS Cynthia Gapsch & LS Jeanna  
BS Shanta Young & LS Imani  
BB James Abarquez & LB BreShawn  
BS Danielle Proulx & LS Danielle  
BS Tess Gaeng & LS Antoinek  
BB Scott Benson & LB Devan  
BS Chimira Peacock & LS Eve  
BS Leslie Shelvy & LS Jovanna  
BS Kelly Brown & LS I'Shea  
BS Amanda Nix & LS Melanie  
BS Rasheedah Furqan & LS Da'drianna  
BB Byron Johnson & LB Kevin  
BB Victor Martin & LB Derrick  
BS Lindsay Leible & LS Janae  
BS Jessica Janko & LS Tymisha  
BS Devon Cramer & LS Lanijah  
BS Rose Bruce & LS Erica  
BB Craig Aubuchon & LB Malik  
BS LaTieke Moore & LS Heather  
BS Jill Testerman & LS Heaven  
BS Mary Mertzluft & LS Kaitlyn  
BS Christina Thair & LS Lilian