



**Big Brothers  
Big Sisters®**

OF THE CAPITAL  
REGION, NY

MEDIA CONTACT:  
Sabrina Houser  
Chief Executive Officer  
Big Brothers Big Sisters of the Capital  
Region  
1698 Central Avenue Albany, NY 12205  
518-862-1250 x. 101

March 8, 2019

### **MEDIA ADVISORY**

## **Big Brothers Big Sisters of the Capital Region Host Bowl for Kids' Sake**

*Heroes Bowling to Honor Big Brother Big Sister Heroes*

(Albany, N.Y.) – It doesn't take a hero to be a Big Brother or Big Sister but to the children they support that's exactly what they are. The kids, young adults and their Big Brother Big Sister supporters will be dressing up as heroes for Bowl for Kids Sake.

[Big Brothers Big Sisters of the Capital Region](#), a non-profit mentoring program for children facing adversity, will host [Bowl for Kids' Sake](#). This event is part of a larger [national](#) event that will help raise awareness of Big and Little matches that have yet to be made.

These everyday heroes make a significant impact on the lives of countless kids and young adults in the Capital District. We'll be highlighting a brother and sister from Albany who are thriving thanks in part to their Big Brother and Big Sister. Romallow is a 12-year-old boy in 6th grade and he and his Big Brother Patrick were matched more than a year ago. Romallow enjoys sports, Legos, arts and crafts, and science. His little sister "Nana" is 8 years old, a 3th grader and she was matched with her Big Sister, Emily, more than six months ago. Nana is a movie girl, loves being outside, dancing and playing soccer. Nana and Romallow are both outgoing and talkative.

The event will take place on **March 10th at Spare Time** in Clifton Park. Participants are encouraged to *dress as their favorite super hero* to raise money for a good cause, and enjoy two games, some pizza, beverages, and a souvenir bowling shirt, all for just \$25 per person, including shoe rental. There is a limit of four people per team. Teams can select from three 2-hour time slots to play their games.

WHO: Nana, Romallow and many participants  
Big Brothers Big Sisters Staff  
Supporters dressed in their best Super Hero attire

WHAT: Bowling Event to raise money for Big Brothers Big Sisters

WHERE: Spare Time Bowling, Clifton Park

WHEN: **Sunday, March 10th, 10:00 a.m. – 4:00 p.m.**  
**BEST TIME FOR MEDIA to speak with Nana/Emily  
and Romiallow/Patrick is 1pm**  
*We'll be as flexible as possible*

MORE: For more information, visit <https://bbbscr.org/bowl2019/>

– 30 –

**About Big Brother Big Sisters.** Big Brothers Big Sisters of the Capital Region was founded in 1964 and is one of the oldest mentoring programs in the area. It provides children and adolescents with strong, professionally supported, one-to-one mentoring relationships. These relationships help children realize their potential by inspiring their futures, ultimately strengthening their contributions to the community.